

~13th January 1997~ ~first meeting of 1997~

The first communication of the New Year came through Eileen, explaining that Salumet would not come through this evening, but that there would be others of interest. He then talked a little about his life in the spirit world, compared to the one he left behind:

Les: You prefer what you do now, to what you did when you were here I imagine? (*Les was aware psychically of his church robes*)

Of course, there is no comparison. How can you compare this work to any that is available in the human form?

Les: And how did you feel when you realised that you had so long been postulating the wrong theories in many cases?

How did I feel?

Les: It must have been a shock.

That is an understatement I have to tell you. It came as a great shock, not only to my understanding, but to all that I was. Can you understand?

Les: I can yes — my question wasn't purely a probing one, because I'm very concerned. We've had others who've been in a similar position to yourself and are now doing a great deal to counteract what they did when they were here, though they were doing it with the best of intentions.

Yes, you need to understand I think that most people, whilst they are on your Earth, do the best that they know how to, so there should be no harsh judgement upon them. The judgement comes when we face ourselves.

Les: Absolutely, I agree completely.

I would wish to reiterate to all of you, that there is no judgement for you, only the judgement that you issue forth to yourselves.

Les: Quite. That is our teaching here to new-comers too, that we are responsible for our own judgement. **This is something I try to tell others also, when I join my regular meetings, because you see, sometimes even groups such as these, do not fully understand that aspect of Spirit.**

Les: You are quite right they don't, because they will adhere to that frequency of ideas and in many cases I think it is a form of insurance, such that if they are wrong in what they believe and in what I and you of course are trying to teach, then they have the insurance that they didn't throw everything else overboard anyway.

Yes I think that is a good term and perhaps I may borrow it from you, for my future use.

Les: Yes of course. (*laughter*)

I will keep that in mind, thank you. Good, now I really must leave you.

Les: Yes, can I ask one last question for my own benefit? Why do you still wear your same robes?

Because only when — this is something too that many of you do not fully understand. When we come back to this vibrational field, all that we remember, memories and such create what we were; it is not necessary we know and fully understand that.

Les: I see, it's created by the memories?

It is created by the memory of returning to where we once belonged. It is nothing to do with the will of what we want. It is almost like the memory of a landscape.

Les: I wondered if that was the reason, because we have been taught that energy has memory, and if this exists in what you used to wear then I can quite understand why it would reappear, when your own memories coalesce.

Yes, I am not too well endowed with knowledge of the technical workings of what goes on amongst — but I only can assure you that that is why these things occur.

Les: Well it's an interesting and very informative answer, thank you. It does clear up several queries I had about it, not only with you, but with others.

And of course to retain the garb which once we had, is also very good for evidence for those people, who once would have known them, if the time scale is correct, you understand?

Les: I understand quite.

But that is why it happens, not because we cling to old values, but only because we have that return to your atmosphere.

Les: I see, well thank you very much for that, it's very useful. I won't detain you any longer. (General thanks + farewells)

There then followed one through Sue. Speech was difficult at first, but gradually the voice became clearer: I feel able now to use the voice, provided you can hear me sufficiently.

Les: We can hear and understand what you say, thank you.

Then I will continue for as long as I am able to, with the power provided. This meeting is of importance to you, because I wish to speak to each one here and tell them who it is, who is guiding them through the path they are walking on now. You will probably find this has not happened before. We are giving each one the name, I say again the NAME, of their guiding, you may say 'Angel.'

Les: Thank you that's most unusual.

(Arrangements were made for each sitter to come before the speaker one at a time)

Les: Margaret?

My child I ask you, when you take your repose this time, think of the colour purple and the name of your guide is Joshua. Should you feel in times of stress, you need to call upon him, mentally say his name and there will be strength flowing through you.

Margaret: Thank you very much.

May you have piece in your lifetime.

Margaret: Thank you.

Please speak your name?

Lilian: Lilian.

This one is very special. Her Spirit shines through. My child, I repeat to you, when you sleep this time, think of the colour white and the name of your guide is Ramona, Sister Ramona and as I said previously, in times of trouble, call upon this person.

Lilian: Thank you.

Sarah: Good evening, my name is Sarah.

My child, deep inside you, is a gentleness that comes to the surface. You are greatly loved. The colour surrounding you and the colour you need to take into your mind is yellow and the name of your guide coincidentally is Sarah. Call her name and she will assist whenever possible, thank you.

Sarah: Thank you very much.

Paul: Hello, my name's Paul.

Again my son, you are a gentle and caring soul, who in varying parts, has given great joy at earlier times. Your colour is blue and the name you must bring to mind, is Ara-mis. A name unfamiliar to your ears, but important. He will be with you throughout your lifetime.

Paul: Thank you

Sallie: Hello, I'm Sallie.

Dear one, there are two people with you. They are heavenly twins. They will guide your footsteps. The colour surrounding you is white. The names of your protectors are Rachel and Rebecca. Go in peace and love.

Sallie: Thank you.

Jack: Hello, my name's Jack.

Another very precious soul here, much loved and highly respected. Do not be alarmed when I tell you that the colour surrounding you is dark and navy-blue, but shot through with silver light. It is a special colour and is highly revered. Your protector and guide is called Rama-sis. Call upon him in times of stress; he'll ease your mind.

Jack: Thank you.

Eileen: Good evening, I'm Eileen.

Take my hand my child. Such a wonderful and divine spirit we have here. Your colour my dear child, is golden shining yellow. I need not give the name of your guide, he is with you and speaks through you. You are greatly honoured to have him, as he is honoured to be with you. His name as you are aware, or the name you know him as, is Salumet. Call him and he will be there for you. This one is most special and will be protected through this lifetime and into the realms of Spirit.

Eileen: Thank you.

Your name child?

Dawn: Dawn.

This one, this one has been in distress. Call upon your guide Naila, and think again of the colour white. Go in piece my child.

Dawn: Thank you.

And now, there is a light surrounding you, which lights up this room. You are most beloved, you have so many surrounding you and helping you along each step of the way of your physical life, but there is one name, one name you are probably familiar with it, but I will repeat it, for the benefit of others. His name is Brother John.

Les: Yes indeed, a very old friend and I greatly appreciate his help.

He is your protector. There is more than one colour associated with you my friend, but predominantly, I will say to you, that it is a vibrant blue, vibrant and shining. I leave you now.

Les: Thank you. Thank you very much for the information you've given us all.

The power is unfortunately not sufficient for further communication.

Les: We do appreciate what you've said and we're very grateful for the effort you've made to bring this information to us. In return we all offer our love and heartfelt thanks to you. God be with you.

Two names I give you for this one and little one absent: Little one must call also upon Brother John and this one, Anna. They send you much love and wish you all piece and joy, throughout your lives.

The communicator then withdrew and returned on 17th February, to complete the circle, which has been included here:

— Please may I ask those absent, to come to me and I will give them the information they seek.

Les: Right — Jo?

Little one please place your hand. I believe I gave the name of your guide and I know the name is familiar to you.

Jo: Yes thank you.

He is with you throughout the times when you are most in need of comfort.

Jo: Thank you.

Brother John, you know?

Jo: Yes thank you.

And you are aware of some of his workings are you not?

Jo: I am yes, I have been for several years, thank you.

Call upon him my little one and as I said previously, concerning the colour which will be of benefit to you, it is rich, dark and most powerful colour, it is the colour purple.

Jo: Thank you.

It will be of benefit to you, when used with the one who cares for you.

Jo: Thank you very much indeed.

We are fully aware of any problems you have and are dealing them as much as we can.

Jo: I'm very grateful, thank you.

Go now, in peace and love.

Les: George?

Please to state your name?

George: George.

Ah yes, we are very aware of this one and will be using him to the fullest of his abilities very shortly.

George: Thank you.

You know what we are speaking of, I am sure.

George: Yes.

The name of your guide who is with you, and listens to you and helps you, his name is John and the colour which surrounds you is pale blue, not a dark blue, but a pale and shimmering blue.

George: Thank you.

Thank you.

Les: Mark?

Your name please?

Mark: I'm Mark.

Yes, we are aware also of your talents, talents which perhaps you are unaware yourself, but be warned, we will be using them shortly. Your guide my son, the guide who you must call upon in times of stress, is Raul; a name perhaps unfamiliar, but non-the-less most important in your life. And the colour, the colour which surrounds you, again is within the blue spectrum, but this time a shade darker; again not a dark blue, but something of a vibrant colour. Use it well and it will benefit you throughout your life.

Mark: Thank you.

Thank you.

The circle, is it now completed?

Les: It is indeed. And for that we are all very grateful.

I will return to you at a later date and will discuss with you the meaning of your individual colours and the significance of the people who surround you all.

Les: That would be most interesting for us and we certainly look forward to it.

You are aware I know, that you share with this little one, a guide of great magnitude. He is here now and is stood behind this one and is giving healing as we speak.

Les: Good.

I would ask for this one please, not to be disturbed, until we close the meeting?

Les: Certainly, we'll honour that and I was quite sure she would receive healing while she was with us this time.

I leave you now, for one other to come and speak with you.

(General thanks + farewells)

~20th January 1997~

Good evening. (General welcomes)

Les: We are delighted to have you back with us.

Your welcome is pleasing, thank you. It has been but a moment in time.

Les: Yes of course and can I say on behalf of everybody, that we hope you had a very rewarding return home during your stay there and that you have come back *refreshed*, as you anticipated.

I have not been too far from you all. In fact before I begin to speak with you, shall we have a small invocation to that *Great Creative Force*?

Les: Yes surely.

As we come before you, oh Great Creative One, may all of us, your disciples of Love and Light, may we say that we continue to stay level, to love much, to judge no man and that all of these peoples here, continue keeping on with keeping on. We ask oh Great Creative Force, that we be encompassed within your everlasting Light and Love.

Dear friends, I am happy to be amongst you once more.

Les: We are certainly very happy to have you with us again. *(General agreement)*

I wish to say to you this time: I thank you for your thoughts for those most in need during your celebration times. I know a few forgot, because they were engrossed in their happiness, but I know that there are those among you, who send out many thoughts for those in need. For this my friends I thank

you and I know that you will benefit from your loving thoughts. I thank you from my heart, because if only you could see the light that shines forth from you all when these thoughts are given, then truly you would be astonished.

Les: We're very happy to know that, thank you for telling us.

I am happy that you were pleased with our communicator last time.

Les: Yes I was going to thank you, I was sure you had something to do with him coming and I was going to thank you for that, because it was a most informative lesson and most unusual, in that we were all given the names of our permanent friends and helpers.

Did I not promise that I would bring someone to you?

Les: You did indeed.

But of course it preceded my own coming to you. But I can tell you that one will return, because as you know all peoples were not present last time and it is important I feel, that all should have the knowledge given.

Les: I would be very, very grateful for that.

He will return to you and also to give you a little more information.

Les: Thank you very much. You may have got my thoughts during your absence, because I was doing some transcribing of tapes, and it was one in November 1994, when you told us that you would be bringing somebody to talk to us about colour and I thanked you mentally then, whilst I was working.

Yes, we must remember that your thoughts reach us quickly, sometimes before your thought has even formed within your own physical brain.

Les: Is that so?

Yes, that is another fact not always well known, but it has to be, if all things are known, how could it not be? You understand?

Les: Yes we come back to past, present and future, all being one again, don't we? **(Yes, yes.)** We still of course aren't able to understand it, but we're gradually I think all of us, beginning to get a glimmer of light, about the complexities which we are trying to understand. That is why we're so grateful when somebody else comes, as they did at our last meeting — it all adds to our knowledge and awareness and more importantly, our spiritual development.

You by now know how complex beings you are, that all is not simplicity when it comes to the human being, but it is uppermost in importance, that we reach out to your spiritual selves and that that part of you is developed and given knowledge. After all, what purpose would we serve, if we come only to tell you what you already know?

Les: Quite and you've taught us so much since you've been coming; things that I'm sure none of us had even contemplated.

That is my task and those I bring to you, although up until this time they have been few and far between. But I told you in the beginning, that we must go slowly and once more the aspect of *Time* in your world, always will remain a mystery to you. (Yes —) But although you doubt how quickly events are happening, let me tell you that we in our world are most pleased with the growth of you all within this room and after all, you are at differing stages of development after all, so we must accommodate all of you. You understand?

Les: Yes I do understand and we all accept the fact that this is so.

And so for that reason and for others you would not fully understand, we take things slowly and gradually, that the knowledge *sinks deeply* into you, because we do not wish to *flood* you with too much knowledge and wisdom, so that you are unable to understand.

Les: Yes thank you for your consideration.

Now I think I have spoken enough, so if you have questions this time, I will be happy to answer them.

Les: Thank you, yes if I might begin, I've been thinking a lot about your teaching about *energy*. You've told us and we accept that *energy* has a memory. Has *energy* in its' purest state, have any form at all? This is what I'm sure we all find difficult to visualise. How can we think of *energy*, if it has no form, no body, no mass?

You would find it difficult to form a picture of *energy* — that is the very *Source of life*. You cannot make pictures of what is *invisible* I would say, to your eyes. We go into deep matters once more. Of course there are forms of energy, which you *can feel*, which you *can touch*; you only have to look in your own world, to discover differing forms of energy. Take your *plant life*, take your *animal kingdoms* and there, you find *energy*. Are you beginning to follow what I try to say?

Les: Quite, but those are visible forms of energy, (*Yes.*) I would agree. They are to us, *physical forms*, but I am puzzled as to how I could visualise the internal forces, within those physical —

Yes I understand your question dear friend, but we have to explain the simplistic facts first, before we come to the deeper matters. I have told you that all *being*, all *life* is *energy*. Everything around and about is energy in a different form, in a different vibration, you know and understand. (*Yes.*) But what you are asking me is, to *visualise a spiritual energy with physical eyes* — that you will never achieve; you cannot, you cannot —

Les: I understand that.

You are asking, ‘*Can you spiritually visualise pure energy?*’ Dear friend, you would not *visualise*, but you would become *part* of that energy, you would *be*, you would *become* — only then will you fully understand what energy is. Do you begin to comprehend what I try to say?

Les: Yes I do, of course our scientists as of course you know, give us various descriptions of atoms and molecules and protons and neutrons and so on and so on, (*Yes.*) but each of those exists not only as part of the whole, as of the diamond you have explained, (*Yes.*) but they must have some *fact* within the matter within themselves, in order to exist.

Energy — *matter* is energy vibrating at a slower rate, you understand? (*Yes.*) Your scientists are correct, when they describe to you atoms, neutrons and all the scientific facts, which are placed before you. What they do not understand is that these things belong to a much ‘*higher*’ shall we say, *energy*, which cannot be analysed, cannot be *seen*. When you come to that stage of understanding, you do not *look for*, but you *become*; you *BECOME PART OF THE ENERGY FLOW*. You will not be separate, you will be as *one*. When you reach that state of understanding dear friend, you will not be treading this earthly plane. I cannot explain it to you any simpler, because words are difficult to find, when we speak about this subject.

Les: Yes I can fully appreciate that and thank you for trying to explain it. If I might follow that with one other question: All the different energies that exist in our world, whether spiritual or physical, must I imagine be governed by one Supreme Energy Force, which exists?

You have to my dear friend move away from energy as being divided. You cannot divide *Divine Energy*, because you see, we are creations from it — all things, all worlds, all planets, all of the cosmos comes from the *Divine Energy*.

Les: So it cannot exist on its’ own, except as part of the *Divine Energy*?

You are — shall we return to the diamond? All of these things are subdivided within the facet. You know how many facets of a beautiful diamond there are? (*Yes.*) Within each facet then you would have divisions of energy. Put all of these together and then you may begin to understand just a little of the divinity of energy. *Energy is life* — I cannot explain it more fully to you; it is a topic which needs much wisdom to understand completely. I have to say my own knowledge also has limitations to what that full *Divine Energy* consists of, because although there is a blending, I have to say from my own knowledge that the refinement continues.

Les: Yes, I got stuck when I was thinking of your description of a diamond and the facets, because having accepted that and got it in my mind as you have just explained, then I began thinking about the light which is reflected from each facet, (*Yes.*) which is a continuity of energy, (*Yes.*) but is not solid in any way.

Energy, pure *Divine Energy*, has no *heaviness* shall we say. The *Light* energy can be seen, can be examined; it is an energy belonging to many worlds, which can be analysed and partly understood, but we are speaking of very basic forms of energy my friend. I know the subject is complicated, but it is a vast subject and one which would take shall I say many, many of your lifetimes, to even to *begin* to understand the basic form.

Les: Yes I can quite well believe that now. So we must look forward to many lives in your realms, in order that we *can* study it further.

If you so desire, you will be given opportunity whilst you are clothed within this being here; if the desire is good, then the knowledge of energy and a little more of what you need to know, will be given to you.

Les: Thank you very much.

But I would be most surprised if you were to find too much knowledge about it, whilst you exist on this planet.

Les: I don't doubt it for a minute, I'm beginning to realise the lack of brain we have here, however clever we feel we are.

I am loathe to say to you dear friend, it is a failing of you human kind. It is not that you lack understanding, it is just that you — I do not like the word, '*primitives*,' I'm sorry but you are! You understand?

Les: (*chuckles*) Yes I do!

'Primitive,' I mean in the sense that your knowledge of '*what is*,' is limited.

Les: Yes somebody else told us that they considered people on this Earth to be *bottom of the pile of development* and I'm afraid we have to agree with them.

I know there are peoples in your world, who think that they are *special beings*. It is only when they return to our world, that they are placed within the grand order of life. You understand?

Les: Yes I do.

So now, are you happy with the little I have told you?

Les: Very happy thank you and I appreciate what you have said and now I must ask if there are other questions. Anybody have a question for Salumet? (*pause*)

(*amused tone*) **Well dear friends, I take it they are overawed, but I know that not to be true. So we will continue this time, I will take my leave of you and allow another to come to you. (*General thanks*) Know always dear friend that I know about you and I hope that you will know, although you have been given your own special helpers, I wish you to know that always I am available to you all. (*General thanks/farewells*)**

There then followed one through Sue:

Much power has been used this time. I have come here firstly to listen to what the great one has to tell you, because as you are probably aware, the question you asked was known to us before you asked it and I was privileged to sit here and listen to what was said.

Les: Yes as our friend Salumet has said, it is such an immensely complex subject, that we can never really have an answer that would satisfy our physical brains. We can only just begin to think of the immensity of creation.

When such subject is approached, it takes immense energy from this room to reply, can you understand when I say that to you?

Les: Yes I can understand. I hope I didn't deplete energy, which you would have used in other ways.

My friend, as I said to you, your question was known to us before you asked it. Therefore tonight's meeting was for the purpose of replying to that question.

Les: Thank you, we shall have to remember that you know what we think, before we know it ourselves!

Yes, but not, I repeat NOT all things and you are aware of course, that your thoughts remain private?

Les: Of course, you have more to do than listen to our stupid thoughts anyway — no I do understand that you know of our thoughts only when they are directly concerned with what we are being taught and what we wish to learn. How you filter them out, we don't know, but that's not important, we know that our lives do remain private.

When a thought or a cry for help is directed towards the world we inhabit, then of course it is given priority with us. Random thoughts are not necessarily of interest to us.

Les: No, I can quite imagine that, because you have many more interesting things to occupy yourself with in any case.

We on the other hand, do take great joy in listening sometimes, to your conversation and smile at some of the things and some of the ideas that come across.

Les: (chuckling) Yes, I'm sure it must give you some amusement.

We do not laugh at you, any conversation, any thoughts that stimulate and stretch the mind are beneficial and can only enhance the spirit and help it grow.

Les: It's interesting that you should say that, because you will have heard me mention to Salumet, that I have been transcribing a tape from two years ago and in that he suggested that we should all exercise our minds much more. ***(Indeed.)*** You just used the same phrase.

Do not let your minds become stagnant, question, question always question; great, great benefit will be had, when you stimulate and stretch the mind.

Les: Absolutely, it's most important.

And now I leave this meeting now, I ask you to bring it to a close. I say to you, that the energies this time, are much depleted and we do not wish to over-stretch anyone here; we do not wish to deplete themselves of vital power source. Can you comprehend what I say to you?

Les: Yes I do indeed you don't want to deplete the batteries in each of us.

It does not benefit the soul or the body, if it becomes overtaxed. So dear friends, if you will permit me, I will give you your closing thoughts this time: (Good.) Before I do so could I please ask you to ensure each one here is perfectly happy and back to their normal selves and then dear friend, I will close for you.

(Les then quickly went around the circle, checking everyone was fine)

Are our friends quite returned to this room?

Les: Yes, except the one used by Salumet and I will see to that after your closing, because it may take some time. ***(Indeed.)***

The power of the Spirit that you cannot see, but can feel within your very beings, thanks you, thanks you for bringing Light and Love from the darkness. We thank you for your thoughts of Love towards one another and for those unseen. We thank you for giving your time to come to this place and to come nearer to your Spirit. We thank you for opening your hearts and allowing us to enter. We thank you for being who you are and for being what you are. In the name of the Creative Force of Love and Light, I thank you. May that Creator surround you all, with the Love that you give. Amen.

~27th January 1997~

Good evening.

All: Good evening.

This time dear friends, I bring to you peace, that should help you in your daily living. (General thanks) At this present time of existence on your earthly plane, much peace is needed. So I say to you dear friends, to each individual here, I will try to sustain each one of you, in order that your daily lives are bearable, with much hope, love, joy and peace to you all. (General thanks)

Les: Very kind of you and we do appreciate it.

I wish to say to you this time, that when next we have all peoples present, that I will bring to you someone who will speak to you and who I hope you will find most interesting and instructive and also to leave you feeling most uplifted.

Les: I'm sure we shall.

But it will happen only when all are present, you understand?

Les: Yes, It's unfortunate that the little one still is unable to be with us.

It is in hand and we are doing what we can for that one, but it is more deeply seated, than you would expect.

Les: Thank you for all the help you are giving her.

But it may be that she will be excluded, but all other peoples are present, you understand?

Les: Yes I do understand thank you.

But let me assure you, those that come close to that one, are doing what they can.

Les: Thank you very much indeed for that.

We must say also, that instrument here who is close to that one, must be aware of how much is drawn from her and must become aware to protect herself. I'm sure you will pass this information to her, when we finish this meeting. (Yes.) She must firstly protect herself from being drawn — energy being taken from her, because of the closeness and the bond between them. (Sue and Jo are mediums and sisters)

Les: Yes I will give her the message, when she's back with us after the meeting. Thank you for the information.

I wish to say to you this time, that I know *some* of you, not all, have been trying to see how your own *energy patterns* work. For this I say to you *thank you* — not *thank you* for me, but *thank you* that you are enabling your spiritual growth to happen more quickly, by endeavouring to see what you are about. There is no need for me to individualise these ones, because they are fully aware of who they are. So, do we have questions this time?

Les: Yes I would like if I may to follow on from your colleague's talk two meetings ago, about colours. I've been thinking a lot about that and I was reminded of the more enlightened Indian tribes, who apologised to an animal, before killing it and thank it for what it is offering them, in the way of food. And it is said that some of those enlightened people, were able to see a grey shadow of fear around the animal, shortly before they killed it. If that is so, it would indicate I think that animals too have a colour structure. If they do, is it individual as in humans, or would it be a composite colour structure, belonging to a particular group or species?

It would depend dear friend. (Les then coughs) Are you well to continue?

Les: Yes thank you, it's just an irritating cough again, I thought it had gone, but it's come back today.

I will continue then. I have explained many times now, that we all are *energy* from one *Source*, which would indicate that all species, human, plant, animal, derive from that same *energy*. But of course when we speak of *colour*, which after all, is colour being seen by the physical eye, then we begin to differentiate slightly between each kingdom. Although I wish to stress that all energy derives from the one *Source*, because of your evolutionary plan, the animal kingdom is slightly different in their colours. But I say this to you: Those animals who have contact with you humankind, are apt to draw from you that *love colour*, which is then shown within their own auric fields, you follow?

Les: Yes, that had never occurred to me as a possibility.

So that is why when animals and humans are in close contact with that love bond between them, energy interacts and almost becomes as one. I'm sure all of you have heard many times peoples say, *I love my animals more than humans*. (General agreement) That is because the energies, the love between each — although in a different evolutionary phase, it is so strong that the colours begin to show themselves as *one*. Let me continue a little further. The animals as you would say '*in the wild*,' I believe is your term — they belong to animal groups which do have colours, which are slightly dimmer, if you like, although they are the same colour. You follow? (Yes.) But it belongs to the animal kingdom. But every source of energy which comes from that *Great Creative Force* must have *feeling*, if it belongs to that one energy. That is why people become aware of the *fear*, which emanates from animals. Although you speak of peoples who revere these animals and thank them for what they give to them, I have to tell you, that I say to you most strongly:

I feel that it is wrong to sacrifice animals, for the sake of humankind, because in effect you are destroying what is also part of your very existence. And although we teach that it is important that the *reasoning* behind what you do to your animals on the Earth plane is important, I would say to you that the *higher elements* of your Spirit, knows fully well that it is wrong. But I also say to you, you *are human*, you *are evolving*, you *are learning* therefore do not be too harsh upon yourselves. To know that mankind has in effect destroyed many in the animal kingdom, all too often for his own survival, but that does not make it right. You understand? (General agreement)

Les: Yes, you have made this point clear in the past too, not only in the animal kingdom, but also in the plant kingdom.

I am afraid, in all areas of earthly life, mankind has been responsible for many wrongs. But as I say, *you are human, you are evolving*, you are becoming more knowledgeable in these matters. So I say to you, look always to that *Higher Self* for your guidance. But you must allow what has gone in the past to remain there, because you must go forward, you must learn. After all, is that not why I come to you, to teach, to raise you up, to help you forward in your understanding.

Les: Of course, and that also would be I imagine, why you have told us in the past, to learn to forgive ourselves?

You must! I would say mankind is too harsh, too harsh about what he does. If you cannot forgive yourself, you cannot truly express love to any other form on your earthly plane — to another human kind, to animals, to plant, to the Earth itself. You must my friends, first and foremost, love yourselves and then will come most naturally the love to be given to all things.

Les: Yes we do understand that, even though it is apparently contrary to what we as humans would believe to be the case, but the way you explained it, is logical enough for us to accept it.

I do not expect you to become wonderful spiritual being — maybe in a long time.

Les: If we did, we wouldn't have the pleasure of your company, would we? (*chuckling*)

I thank you for that, but of course you will evolve, you will learn, your understanding will become rich in all matters of living. So be pleased that you ask these questions, be pleased that your understanding grows, if but slowly. Nevertheless it grows and so the soul grows with it, in that understanding and knowledge that all that you try to achieve is not forgotten. Remember everything is known and so I say to you all dear friends, be pleased with what you try to achieve.

Les: We thank you for that consolation. I'm sure we all do naturally get a little despondent sometimes, with our lack of knowledge and the time it takes for us to learn. I don't think anybody here would contradict that, would they? (*General agreement*) So we are aware of our shortcomings, which I suppose in itself is an asset.

Can I say one thing to you all, and I do not say this in a critical manner, but I do say that all of mankind, needs to learn *patience, patience. Walk slowly and you will go further. You understand?*

Les: Yes again, we're grateful to you for reminding us of that, because it is our own impatience, which denies us what has been told in the past, that unless we take every step properly, we shall have at some time to go back and retrace that step.

I believe you have a term in your world, which says, *you cannot run before you can walk.* (*General agreement*) So I will leave you with those words to ponder upon this time, because I know each time we come together, that all of you — and I do wish you could see the thoughts which come forth from you all after these meetings, because you see for a short time, much is being thought about and that is when the soul is opening to new knowledge — for this dear friends, I thank you.

Les: We thank you again for all that you have told us, during this visit.

I will withdraw from you this time, to allow another to speak, but of course I will continue to work with this one.

Les: Thank you very, very much again, our love goes with you and God's blessing also.

There then followed a sweet one through Sue called Anabella, who talked about her work with children, as she practised her use of the voice box.

This was followed by one through Eileen:

Would you please take your normal seat sir?

Les: Certainly.

Good evening ladies and gentlemen.

(General welcomes)

Now you understand why I ask you take your place? (loud and booming voice)

Les: Yes, you didn't want to blow my head off with the noise. (*laughter*)

Please say if I am too loud.

Les: No — you can speak more quietly if you wish.

It is an exercise. I come as a go-between, to speak for others. I wish in particular to find one gentleman within this room, one who is interested in writing.

(George)

George: Yes I write.

Yes sir, have you been aware of others at your shoulder.

George: Oh I have yes.

You have — now is the time to let you know that serious work must be at hand. I have come on behalf of those who wish to use you, if you are prepared to do so?

George: Oh yes I am prepared and I do realise that it is serious work and I'm very grateful to all those who have helped.

I speak not of what you write at this time, but of work that can be done from our side of life, work that is important to those who wish to put words to paper. Do you recognise the name Charles, Tom? Are these familiar to you, have you been impressed by those names sir?

George: Charles and Tom?

No, obviously you have not. I come to tell you sir, to be prepared for two names well known in your world, in times gone by — two people who wish to use your hand, if you are so prepared?

George: Yes, I'd be grateful, I am prepared

Les: Can I clarify? I think you are referring to *automatic writing*, are you?

Yes sir, that is what I do refer to and that is my mission, because the gentlemen who wish to use this gentleman, have been trying to make themselves known to him, simply by touch, simply by being with him, at his time of writing.

Les: Would it be as well for the gentleman to devote time to quiet contemplation, so that they can begin to try and use his hands?

That is why I am here sir. I had to be sure that the gentleman is willing to commit himself to these peoples. I think you would say these peoples were known well in your world?

Les: Are you prepared to be used for automatic writing George?

George: Yes I'm certainly willing — I'll try to prepare myself for that.

Les: I think one is *Charles Dickens*.

Yes Charles Dickens and Thomas Hardy. These are two people, two gentlemen who come close to you. That is why you are sensitive to the touch upon the shoulder. I wish also to know sir, what other senses you have been feeling, not for my own knowledge, but that I can relay to them that what they try to convey to you, is in fact what you feel.

George: Yes, I have been aware while I have been writing, of ideas coming, which have sometimes surprised me, in that the ideas seem to come from elsewhere.

Yes, I have to say to you sir, Charles Dickens in particular, is interested in your very active mind, because he also was a gentleman, who created much discord amongst his fellow men, because his ideas were not always what others wished to hear.

George: Yes, it is good and worthwhile to be different and I think one of the elements in his work, was that he was different from what had gone before.

We do not give you these names to impress. You understand?

George: I understand.

I do not come to give these names to you lightly, I come to give you these names for serious work and to have your approval of work to be done, to allow your hand to be used for this purpose only.

George: Yes I certainly approve and I shall try to prepare myself for this and I do thank you and all concerned.

I am sure sir the leader of this group will guide you well. He has many years of knowledge behind him, so we leave you with him, to give you further instructions, if we may do so sir?

Les: Yes please do.

George: Thank you, I'm most grateful.

I hope I have not been too disruptive, but it is difficult to tone down such a strong voice, even when I return to your world.

Les: Yes, you used it so for many years, didn't you?

My sole purpose is to be understood, to speak to many peoples, to be listened to and to be heard.

Les: You've certainly given us much to think about. We've understood it very clearly and are all very, very grateful for the opportunity that is going to be given to our colleague, for this extra important work. And tell Charles please: (*Les begins to channel*)

There will be quills upon the desk.

I know you feel his presence also sir. But you do not need to be used for the purpose. That is why now you are feeling the closeness that he brings to this meeting. To you sir and all of your comrades here, I say thank you and goodbye.

(*General thanks + goodbyes*)

Les: Goodbye and God bless you and those who are going to honour us with their work. Goodbye to you all.

~3rd February 1997~

No Salumet this week and we were low on numbers, but it was still of much interest and so has been included here. The first communicator came through Eileen:

(*General greetings*)

— I have been told to relay to you that this evening will be a light one, whatever that means.

Les: We didn't expect our usual visitor, because there's not enough power here.

I see, that would explain the message. May I say it's a pleasure to come where people are so open and loving, because I have to tell you sometimes I've been to groups where not everyone is genuine.

Les: That is the problem isn't it with some groups. I often wonder why some people trouble to go, because they are not really basically sincere in their desire to learn.

No, it stands out so, in a group of people, because as you know our knowledge is a little higher, so these things are known to us. And you would be surprised I think, to know how difficult it makes our job, when there are people amongst you, with these negative attitudes.

Les: It must make a very disturbing force for you to contend with.

Not so much that, but it impinges upon the work that we, should I say 'desire' to do. Nevertheless we overcome the problem if we can, but it is lovely when you come amongst a group of people who are so like-minded and I have to tell you, you are! (*General thanks*)

I come to say this to you, that this evening everyone will be used in some way, if they will open their hearts and to say to the lady across the room that it is time for her to open up to her spiritual work, it is time.

Les: Hear that Sallie?

Sallie: Yes thank you.

Yes I know sometimes, she does not doubt the work, but she does have doubts about herself.

Les: Many times we here that. It's a problem fighting the physical desire to know what is happening and doubting it at the same time.

Yes, I'm afraid you are correct. These people after all know that it is Truth but again your human mind interferes, as it has done in all of us at some time and still does I tell you, in our world.

Les: Does it really?

Oh yes, of course. We do not suddenly become believers in everything, no.

Les: No, you take your reservations with you do you?

Of course, it depends on the knowledge you've gained and what you bring with you — of course it does.

Les: Absolutely, that's what I tell my friends here, we are all fitting ourselves we hope for such a place in the new world, that we won't have to go through a doubting period, but can accept it as soon as we arrive.

Yes, I'm afraid too many human beings keep 'reserves' shall we say, about what they will find, and when they arrive to us they are sometimes very surprised that what they kept in reserve was not to be. But we smile at them and help them along, because after all, you sometimes seem like small children with your doubts —

Les: Yes and of course what those people don't realise is that you already know about their reserves when they arrive, without them having to tell you.

Of course we are prepared for all who come to us, of course we are prepared.

Les: I amused one of your colleagues at the other meeting, when I said that I quite understood that a lot of people had these reservations and didn't want to discard their old religious beliefs, which they held onto like a form of insurance, just in case they were wrong.

Yes, well you'd be amazed at how many people are met at ~The Gates,~ (chuckles) because if that is what they truly expect, then that is what they will find and we stand back for a while and allow this to take place and you may be amused by what people expect to find.

(There were more chuckles, before the conversation moved on to talking about her work in the halls of healing in the spirit world.)

— I help in the making of clothes and beautiful materials. I am a helper I think you would say. I don't think I'm being immodest to say, I was a very good needle woman, when I lived on the Earth. And these talents if you like, are always put to good use, if you so desire. And because it was my life — and I don't think that is an understatement, I wanted to continue — and it is my great honour I have to say, to be involved in that type of work.

Les: What is done with the finished material? I have spoken to others in your world who do the same work, but for the benefit of my colleagues, I'm asking, what happens to the work, when you have finished it?

There are many ways that it is used, but my course of work, is used in the [Healing Halls of recovery](#). I don't always use just the material, but I am used for — I don't know if you will fully understand, but the colours, the healing colours throughout this special material, it surrounds these sick individuals.

Les: Yes, when you say 'special material,' am I right in thinking — this is going to be difficult for us to understand, but it's the only expression I can use — am I right in thinking that you weave into the fabric, particular forms of energy for healing?

Yes, you understand a great deal. That is exactly what is happening, it is woven in the form of healing energy, but to call it colour, is simpler to explain. It is indeed special — material of course is an earthly term, but it is used for all kinds of things in our world.

Les: Yes, not only for direct healing for the remnants of physical disorders, but mainly for mental healing, when our people reach you also, I think?

That is more important yes, and I don't know if you fully understand, but there are different degrees of healing halls. I don't know if you have been told. I'm being told you have not, so I will stop there, because that is not my purpose this evening, but I hope one time someone will come to you and explain to you more.

Les: I think basically your healing halls, are devoted to a specific type of *ailment*, which is the only expression I can use and those people are congregated together in the halls, so that the thought emanations from one illness do not interfere with the healing of other types of illness.

You would be amazed — it is almost like each individual is isolated within the energy of the 'material,' shall I say. But of course when I say 'hall,' you have to imagine wide open space; it is not a hall as you would fully understand it to be.

Les: No, I believe you only use the expression, because it encompasses certain fields of energy, within which the people are treated?

Yes, and of course the material is only one small part, but it is a great honour to be involved in any aspect of this work and for that I am so lucky and imbued with so much love, when I am involved in that work.

Les: Yes you absorb it from the very fabrics that you create, don't you?

Yes, and to be able to continue with that love, that desire, has been most joyous for me, most joyous.

Les: Yes I'm sure it would have been.

So you see, to do this occasionally, is almost like light-hearted relief. So you see without being frivolous, it is — for me it is good, it gives me an understanding of people still here, because you do lose sometimes the understanding of the physical being, when they are still on this Earth. Can you understand me?

Les: Yes we have been told that memory is faulty when they come back here, and this we can understand. ***Yes, so it is good to be with you still clothed in your earthly form, it gives us pleasure.***

Les: And of course I imagine it can be helpful in your work, to know that even on Earth, there are still pockets of love, as you find in a meeting such as this.

Oh I would say, I know there are differences of opinion about this, but I can only say that in the majority of people, there lies much love, there does indeed. There is much more goodness than you would see and understand. You have to see the wider scope of a person, to fully understand what they are about I think.

Les: Yes and this is what we are frequently taught by our normal visitor at these meetings, that we have to think in terms of ourselves being spiritual beings, rather than physical beings, and by that we can radiate the love we should be radiating, as a matter of course.

Yes I also was taught that too, before I could move forward and use the knowledge that I too possessed. That is something we are all taught I have to say. It is something I wish the whole of your Earth could know and understand. There IS much more goodness, than at first you would envisage.

Les: Quite, and of course you are much better able to see that now.

Yes, yes. Of course there are the elements of darkness, but that has always been. But hopefully it will be phased out in time to come.

Les: That is what many people in your realms are trying to do now I think, for the sake of our Earth, and for the sake of mankind's existence here.

Yes, I cannot comment on that, but I'm sure you are right in that assumption — yes I'm sure you must be correct. Well now I really must stop, I've said far too much. Please will you all ladies and gentlemen allow yourselves to be used? (General agreement) Please say what you feel and open your hearts, because there are so many around. I know you feel you are small in numbers, but triple those numbers and you will find within this room, that it is quite crowded! So from me I bid you all goodnight. I thank you for your welcome and your love and the opportunity, and may I say to you, God bless you all.

(General thanks + fond farewells)

There then followed one through Sarah, who thanked Les for the help he gave when they had come through at a rescue.

Some of the sitters reported feeling certain sensations. Sallie felt someone pulling her toe and Sarah had movement in one of her arms, which Les explained related to a stroke which the person with her had had, and now needed to know that they could move BOTH sides.

There then followed another very briefly, but powerfully, through Eileen:

I will say a few words to you this time. My name was Sheva. I will return to speak with you.

Les: We look forward to that.

It is time to tell much.

Les: Good, we shall all be very pleased to hear whatever you have to say.

Eileen then came out of trance and said that it was a strange feeling of being very tall and that it was Egyptian. She felt encased in gold, possibly a golden sarcophagus.

~10th February 1997~

Good evening.

All: Good evening.

Les: I'm sure you'll be pleased to know, apart from the little one, there's a full meeting tonight.

Yes it is good to see you all together once more.

Les: We're pleased that it is so and hope that the sicknesses are now gone.

I cannot say that, but we will have more meetings that are full with you all.

Les: That's very nice to hear, thank you.

I would say to you all this time that I am sure you are aware how much you have grown since we first met.

Les: Yes I think we are aware of that; anybody not? We'll take the silence as affirmation that everybody is aware.

I would say to you only this: That you can be pleased with yourselves, because the interaction of your *positive thinking*, with your daily lives, is now beginning to show itself to you all. I am sure you are aware of these happenings with your daily living.

Les: Speaking for myself, I am. Everybody else had awareness of that? (*General agreement*) Has anybody *not* had that awareness? (*silence*) Thank you.

So when I say to you be *pleased with yourselves*, I do not want you to think of this as being self-pride, but to think rather that you are growing spiritually and for that reason be *pleased*. You understand?

Les: Yes, we are pleased with what has been achieved and we take this opportunity of thanking *you* for what you have done for us in that connection.

I say to you only this, this time before we have some questions: Let me say that you all are growing at such a rate, that we can envisage much good work, more quickly than at first we thought.

Les: That also is very, very nice to hear and we are all I'm sure grateful for you telling us.

Now, can we have your questions please?

Les: Yes, if I might begin again, it refers to spiritual development. We have a lady, I'm sure you're aware, who gives time on Sunday evenings for investigative sittings and she has been doing excellent work. On the last two occasions, she's had no communications from your side at all. I think it's because she's been unwell and is not yet fully recovered. She's a little concerned that it might be something she's doing or not doing. If you can give her some reassurance, I'd be very grateful to pass it on.

I believe this question has risen before?

Les: You're quite right it has, some time ago.

Yes, let me say only this: In what you term, '*development*,' there are many aspects of work used, with one individual and of course, physical well-being is one aspect of this. But it should not make too much difference, provided the mental attitude remains solid, do you understand? (*Yes.*) It is not so important that the physical being is well, but that the mental, the mind, that part that belongs to the spiritual aspect, remains intact.

Les: Yes, she still wishes to continue doing the work.

She will, we will not allow her to go from the work now that it has started.

Les: Thank you, I told her that you wouldn't allow it. (*chuckles*)

We do not wait for you, to allow you to wonder. We know some do, but then there are different and varying degrees of development. Let me say this to you: Tell her to allow her mind to be free from *worry*, because it is a *mental block*, not that we cannot use her. She needs to free the mind from these concerns. Of course too, I have to tell you that communication will not always take place, if conditions are not right, from our side of life.

Les: Yes I had explained that to her, that with my own good lady, there were times, when we had absolutely *blank evenings* and that we came to accept as being necessary, for some reason, which we did not know, but which we accepted.

Yes, and that is how it must be. You must give yourself willingly and in love, to be used for communication. I would say to her, to relax and allow things to take their natural course. She will be used, of course she will, but I have to say, you understand and know full well, that to do communicative work, you need to be sensitive. But this also can have a negative effect upon the *physical thinking*. (*Yes.*) You see, it is like two parts of a being, you need the sensitivity to have the communication, but sometimes the sensitivity blocks what is necessary. Can you understand?

Les: I do understand and I have tried myself to explain this to others in the past, but it is very difficult to put it into words, to give a full understanding to the person listening.

Again we come back to what I have told you in past times, always there is positive and negative — one cannot exist without the other, and you must see this in all aspects of your living. This is why at this time she feels she is doing something wrong. I suppose you could say, in the true sense of the word, that indeed she is blocking, but not from any physical thing that her mind creates — she is creating obstacles, where none exist.

Les: I'll try and explain that to her.

I would say to you, tell her that those who are round and about, will continue to work with her — to give more time to quietness — she does not give enough time to this.

Les: Thank you for that, because that was my concern too, that she was trying to cram too much into her life.

You — all of you who live upon this Earth, have busy lives, we know and we understand, but if you wish to communicate with us, on a level which is good and necessary, then you must allow us time to work with you. If you do not, that does not mean to say communication will not continue, but in allowing us with you in those quiet moments, we are, shall I say, 'grooming you,' for much better work.

Les: Thank you very much indeed.

We will help.

Les: I wanted to ask that question, for the benefit too, of those that are here developing, so that in future, if a similar thing occurs, they won't worry about it, but will accept it for the necessity that it is on occasions. **That is why I say devote some time to the quiet moments, because in those times, if there is no words of communication, you can feel the blending of spirit with us. Then the knowledge is sure within yourselves, that communication is still with you, you understand?**

Les: Yes we do and thank you very, very much, for the extremely lengthy description, which is extremely useful to us all. Did someone else have a question?

Mark: I'm curious to know, if there is a good amount of time to give for sitting in silence? Various people say different things, from ten minutes to half an hour.

Yes, let me say this to you dear friend: It needs but few moments of quietness, for us to make connection with you. What is desirable is not *length of time*, as you know, but *regular time, each day of your living* — that is more desirable, than minutes of your clock. You understand?

(Yes.) **Be guided by your own knowledge, your own feelings of what is right for you. You see you cannot say, and I know of what you say that people will try to guide you — let me say this to you: When you make communication with those of us from our side of life, that communication is personal to you only and no other being. You understand? *(Yes.)* Therefore how can one say that you need five minutes, when those who are coming to you may wish, may desire to use you for much longer. It may be moments, it may be minutes, it may in some cases, depending on development, it may be *hours* — and then we begin to speak of those people who go into silence, as part of their daily living, you understand? *(Yes.)* Be guided by yourself and those who come to you. After all, we are more aware of *time*, of you as individuals, of that spiritual aspect of you, which you give out. You understand? *(Yes.)* So I say to you, do not listen to others, but do what you know must be done. All I would say is that each part of your daily living should be devoted to some quietness.**

Mark: Thank you

Les: I might add to that, think of *sincerity* of purpose, rather than period of time — two minutes of utter sincerity, is worth more than half an hour of fiddling around. Right, now before I grab centre stage again, has anybody else got a question they'd like to ask Salumet? *(pause)* No, right well I'd like to continue on our previous discussion if I may Salumet, about *Thought*. I think we are gradually beginning to realise the power of thought, but there are still things which confuse us and this came to my mind at our last Wednesday meeting, when two ladies from your world, who'd been very interested in horses, when on Earth, were pleased to tell us that they still have their horses and to their delight, are able to ride them in the sea, because the sea is quite warm. Now that led me to thinking that if that rider thought the sea was warm and somebody else thought it was cold, how would those thoughts conflict, or is one thought

pattern stronger than another? Would it over-play another, so that one who thought it was cold, found it wasn't cold, you understand what I mean?

I understand dear friend. Let me say, there *cannot be interference* in another's *thought pattern*. Firstly I must make that plain to you.

Les: This is what puzzled me. I didn't think there could be.

Let us for example, take each one within this room. If each one of you was to send a thought out to me, would there be one stronger than another? What do you think?

Les: Well I would have thought that each would arrive independently.

No, we have to discuss this a little more, for your understand. All thought belongs to the same *energy pattern*; I do believe you accept this now. But in the same manner that you have, say, *rays from the sun*, does each individual ray, interfere with each other? No it does not, it reaches where it expands to; it reaches the target, without interference from each other. It is all the same energy, it is the same energy pattern, but the lines do not cross, if you like. So let us return to your question. If you have two people with two different *thought patterns*, to *them* that thought is *ACTUALITY*, at that particular time, you understand? (Yes —) So one can think the sea is warm, the other can think the sea is cold. It is the power of the thought, it does not affect the sea as such, you understand?

Les: Yes, so it is the *thought* which is giving the feeling of warmth or cold?

It is each *individualised thought pattern*, which creates that situation at that time.

Les: So it doesn't alter the surroundings at all, in which they are?

It would not affect the energy pattern of the sea, you understand?

Les: Yes, I had come to that conclusion that that must be so, but I wanted confirmation, because I was only presuming that.

That has to be. You have to remember that each individual thought, is a personalised energy. You may all within this room, be thinking about shall we say, *an object*, but your thought-patterns will all be different, to some degree, but that does not change the structure of the object. Do you follow?

Les: Yes, to simplify that a little, if we all go on holiday to the same place, our reactions to that place as individuals, are quite different and we come back and give different descriptions and retain different feelings. But that hasn't altered the holiday place to which we went, it is still the same, (**Yes.**) so the same would apply to the thought-patterns in your world.

That is a simplistic way of explaining it to you. Of course we can go much deeper in detail, but at this particular time in our *evolution* shall I say, that explanation should suffice.

Les: Yes, that will have to suffice for us at the moment, because it's all that we can sensibly understand. (**Yes.**) But in thinking about this and I don't expect you to comment on this at this stage, I was then thinking that there must be beings in your world, who have the power to alter the surroundings, if that was necessary, by their own extremely powerful thought patterns.

I would say to you — and I *do* wish to comment at this stage, that no individual being within our world, can alter what is always there. We cannot alter the eternal energy pattern which exists. What we can do is create thoughts, we can influence the thoughts of others, but we cannot *CHANGE*, we cannot *change* what has always been, you understand? (Yes.) Of course there are others in my world who have '*Thought power*,' if you like to use that word, who have the power to *influence* the thought patterns of others, if it be necessary for the *good* of that individual, but we cannot change the eternal energy, which after all, we belong to and from which we come.

Les: But you can use products of that energy I imagine and I refer now to something I heard a long time ago, that certain people have responsibility, for building your halls of learning, halls of healing and so on and they create the translucent blocks, from which apparently these buildings are made, and erect them by thought.

Yes, but you see dear friend, those who are within that creative work, are not changing the energy, they are using what is available to them, but they are not changing the structure of that energy.

Les: No, they are using the energy to create another form.

They are using the energy for thought patterns, shall I say. We are speaking about difficult topics here, but I say to you keep in mind, that the *'living energy,'* which is what you term *God*, or the *Creative Force*, cannot be altered — it has always been and it will always be. But I understand your questions, it can be utilised, but not changed.

Les: Yes, that's a better description of course, just as we can utilise it here, in the physical sense.

It is perhaps apt at this moment in time, to compare it with say your radio waves, where they have been adapted for human use, in order that you may *hear*, you understand? (Yes.) But you have not altered that *energy pattern*, you have used it to create *sound*. Does that make it a little more simple for you?

Les: Yes, in one way, because that would bring us to another question, because that particular wave, which is producing the sound we hear, does it in itself contain that sound, or is it silent until we convert it by our machinery, or radio set? I'm not expecting you to answer it now, it's too complex altogether.

Yes, it is complex, but I always try to simplify for you. ALL energy, the *living energy* of which I speak, is not only filled with colour and sound, but many, many energies of which you are not aware, on this earthly plane. Each section of energy which is utilised can be used in many ways. The energy that is used on radio waves is a light energy, you understand? (Yes.) It is complex it's structure, but the sound which comes from the light wave, is inherent within that energy.

Les: So it exists, even though we are not aware of it?

It always exists, but it needs to be utilised to produce the sound, you understand? (Yes.) Remember I am simplifying all of these questions.

Les: I'm glad you do, because that's the only way we can understand it.

It is a complex subject, when we are speaking of the very *CORE* of existence, you understand? (Yes.) But I hope that has been helpful to you.

Les: It has to me and everybody else I hope? (General agreement)

And now, as I take my leave from you this time, to allow another to speak, I will say to you, that next time when we have full meeting, I will bring to you someone of interest — I promised you some time ago, but it should be a full meeting, for the benefit of you all.

Les: Thank you very much indeed, we look forward to that.

My blessings go with you all and I thank you for listening to me this time.

Les: And we thank you for all you have told us tonight and we all send our love with you and God bless you also.

There then followed on through Sue, with a message for Margaret about opening up further and being used for speech. There was then an amusing one through Eileen, with a message for Sallie, to help her with her tummy trouble:

She needs to swallow a slippery eel!

This caused much laughter. It turned out to be slippery elm, which is indeed a digestive treatment (often prescribed by Edgar Cayce) and did prove very useful advice.

~17th February 1997~

Good evening.

All: Good evening

Les: It's very nice to have a full house to welcome you. All members are present.

I would like to say this time, welcome to one who has been absent from us.

Les: Jo, it's a welcome to you.

Jo: Thank you.

I say to you all dear friends, thank you for your questions, which some of you have been putting out to us. I hope that you have been aware of our help and our answers to you.

Les: Is that so? Has anybody been aware?

Margaret: Yes.

I will speak to you only for a short time, because as I told you last time, I would bring to you someone of interest when we had every one of you present.

Les: Yes you did and I have been thinking a lot about that and looking forward to it and I'm sure my friends have also.

Because of this, I will answer quickly any questions and I would say to you once more, allow yourselves to be open to the communications available to you. We have with us this time, the one who came to you recently, to give to those who were absent from that meeting, the name that they should be associated with.

This information has already been added to the 13/01/97 transcript and therefore need not be repeated here. Salumet withdrew after the usual fond farewells and thanks. Our expected guest came through Eileen:

Can you hear me? (General agreement) Thank you, my instructions are to speak with you. I believe you have been told have you?

Les: Yes we've been told by our friend Salumet, that he would be bringing somebody, whom we would find very interesting.

I am honoured that those words should have been used. Of course I am delighted to speak with you.

Les: We are certainly delighted to have you with us.

I am indeed honoured to be here, but I have to make adjustments with this one.

(light was dimmed to help our guest get used to conditions)

— I hope that you find this discussion useful, because as far as I am aware, this knowledge is not given lightly to many. So what I am about to tell you, may at first seem strange, but I assure you that is part of my work and I hope you find it of interest.

Les: Yes I'm sure we shall. We do of course have many things which are strange, but in due course in our time, become much more understandable.

Yes, I am finding it strange to be using a human voice, so if I seem to be strange-sounding at times, then I ask your forgiveness now.

Les: Of course we do understand and we appreciate the difficulties you must have in doing this. This is why we also feel honoured that you should be with us.

Thank you. Now let me continue with what I have come to tell you. Firstly, I cannot and do not and never have belonged to your world, although I have become familiarised with it; but having said that I still find humankind to be most strange. (General agreement + light laughter)

Les: Yes, that we do understand and would agree with you completely; we must seem very strange indeed. **In saying those words to you, I do not say them unkindly, but in my daily workings with you, I am often puzzled by the way you think. And in saying 'think,' I come to the core of our topic this evening. I am you see, what you would term, ~Thought Energy Interceptor,~ (Expressions of curiosity & surprise) I would imagine that you have not heard of this.**

Les: We certainly have not.

No, and that is why the great one has sent me to you, to give you a little more insight and knowledge.

Les: Thank you very much indeed.

I know our teaching has been stressing to you all, about the Power of your Thought.

Les: Yes quite often he has done that.

And I have been instructed that at times you find it difficult to grasp. But you are thinking, why should it be necessary to intercept humankind's thoughts, are you not? Are you not puzzled by why that should be? Because I hear you say, but we have been told, there cannot be interference — I hear it from you! (General chuckles) Yes, let me go on and explain more. You all know how powerful the thought can be. (General agreement) Not only do your thoughts reach out to each other, whilst you are living upon this planet, but that your thoughts can be transmitted to those in our worlds, yes?

Les: Yes we are aware of that.

So, this is where my task comes into play, I believe you would say? (Yes.) Yes, we cannot allow harm to be done to those souls who are helpless in our world, because the power of humankind thoughts can do that to them.

Les: Is that so?

Yes, it is little known, how dangerous, how ugly and evil, humankind thought can be.

Les: I can quite understand the evil and the ugliness of our thoughts; unfortunately it is so. I think all of us would recognise and agree with that, but I don't think any of us understood that it could affect those in your world, to that extent.

Yes, because you see, 'THOUGHT,' when it leaves YOUR world, from YOUR thoughts, YOUR minds, it also becomes much more refined and can reach its 'target' shall we say, more easily. I know you are going to find what I say difficult to understand, but it is necessary that we do INTERCEPT on occasions, to protect souls from more harm.

Les: Yes we can understand that and understand the need for it, knowing the depth of depravity in some of our own thoughts.

Yes, I think it would be apt at this time, to perhaps give some examples, in order that you may find the information more easily digestible. If we have someone who passes to our side of life — an innocent soul who has left behind someone deep and full of resentment, anger and hatred, can you not see the harm that can be done by those evil thoughts, constantly being sent out into the ether?

Les: Yes, you mean resentment against the one who has passed on?

Of course.

Les: Yes that is quite clear to us.

Then my task in our world is to intercept those thoughts, in order that the soul may find its place, without further harm.

Les: It certainly is absolutely new knowledge to us.

Yes I have been told and I am aware that humankind does not fully understand the power of their thinking, as of yet.

Les: No, unfortunately though we have been told in some degree, we still of course govern our thinking by the physical concept. (Yes.) We've not yet realised the refinement of the spiritual awareness.

You see, what is happening when we step forward to protect those innocent souls, you are thinking, what happens to the thought. And I know you are all aware and have been told that the thought rebounds back to the sender. (General agreement) How have you imagined that that could happen?

Les: I had wondered but I had no idea of how it happened — only that our own thoughts boomeranged back to us.

I think perhaps that you could call me the boomerang. (laughter) You understand?

Les: Yes, so there is a definite and positive interception then?

There has to be for the protection of the innocent souls, who are not deserving of the hatred and the anger of the powerful thoughts that come from this planet, you understand? (General agreement)

Les: Yes we do, it's rather frightening news, in some respects.

It should not be frightening to you, it should make you more aware, it should give you more understanding, it should help you and that is my task — I am sure that I bring to you all help rather than fear.

Les: No please, I perhaps put it badly — I was meaning frightening for us to consider the power that our thought has.

I have been instructed that the teacher is endeavouring to instil in you all, that the power of your THOUGHT, is indeed the most powerful thing you will ever encounter. (General agreement)

Les: Yes and you have amplified that for us. Certainly what you bring us is not frightening, far from it.

Sallie: May I ask a question?

Les: Just a moment please, let our friend continue for a moment — he will ask for questions later.

Yes, thank you. So my task in being here, is to instruct you a little more — not to flood you with the technicalities of how it is done, because that would indeed be useless information to you, but to clarify

what the teacher has brought to you and what he has asked me to explain to you. In seeing that doing this task in rebounding these energy patterns of thought, then indeed you humankind upon this planet, should indeed think deeply, before you THINK. In all matters of THINKING, be aware and be careful! You understand do you?

Les: Well, we are understanding now yes and we do thank you for having clarified it to this extent, because although we were beginning to realise the *power of thought*, I don't think any of us had realised the harm it could do to those in your world, if the thought wasn't a good one.

It cannot be destroyed you see.

Les: No, it lives forever, doesn't it.

I know you understand that — I know you understand that what you give comes back, but you needed to have the understanding, of HOW it rebounds back to you. We do not interfere in the natural process of thinking. Good thoughts go ever forward, they would not be stopped or interfered with, but there are those, where we must protect the innocent souls. That is the main task, that the soul be protected from further and unnecessary harm, so that it may continue in its journey, its journey to growth, its journey of love, without the evil thoughts from humankind upon your planet and from other planets. But I am not allowed to discuss that side of it with you.

Les: No, but that does lead me to ask: From what you say it would seem, that our planet is guilty of projecting a tremendous amount of evil thinking. Is that so?

Well you are capable of it, but I would not say 'terrible amounts' — you must keep things in perspective, of good and evil. I would say in the main, that mainly good thoughts come to those who have gone.

Les: That's encouraging for us.

I would say, I think the word you would use would be 'minority.' But of course, when you consider the population of your planet, even the minority of thought is great, you understand? (General agreement)

Les: Yes we do, so it obviously from what you have told us is a very full-time job for you and I would imagine many like you?

There are many of us of course and as I mentioned briefly, not only from this planet, but from many others. (Yes.) We speak of much work shall I say, but it is something which has to be done. It is an honour to do such work, it is a tribute to those who teach us, that we be allowed to do so and that is why I said to you, that it is not often that this knowledge has been given.

Les: No I can understand that and we greatly appreciate the trust that has been placed in us all, in that you have given that information.

I don't wish to seem condescending to you, but I think that perhaps you all should be thankful, that you have been allowed this knowledge.

Les: I'm sure we are. I think I speak for everybody, don't I in this? (General agreement) We are extremely grateful and honoured that we have had it.

Now I will take the question from whoever spoke please.

Sallie: Yes, on the Earth, when negative or evil thoughts are sent out to other people on the Earth, are they intercepted in a similar way?

No, no we cannot interfere when you are on the planet. Thoughts between people can damage the person, but we are not allowed to intercept in those cases. Our work is in protecting the soul, not the physical being. You understand do you?

Sallie: I understand what you're saying; what I don't understand is I feel that negative or evil thoughts to people living on the Earth, also rebound to the sender. Perhaps I have misunderstood that?

No, not at all — it will rebound, but it rebounds in a different capacity. You may not have that evil energy rebound, until you come to our world. It WILL rebound — you only have what you give, but it may be that you do not reap until the soul is free from the earthly garments. You understand?

Sallie: Yes I do.

I hope that is clear. No, we would not be allowed to intercept from person to person.

Sallie: Sometimes it feels like there's an intercept — I can't describe it very well, I'm stumbling, but it feels like there's almost an intercept on an earthly level. Perhaps it's just my mind, or my own imagination —

What you are probably feeling and picking up, is help that is available to you, from those in our world, who are close by and are able to influence.

Sallie: Yes that makes sense to me, thank you.

But it is not an interception of the thoughts, you understand?

Sallie: Yes, it's a different thing altogether.

Yes, yes.

Sallie: I do understand now, thank you.

Les: I would imagine that the *innocent souls* of whom you have spoken will gradually be getting strength and teaching, on how to shield themselves from those thoughts from our planet, would they?

Innocent souls! That is the whole purpose of the interception that they should not have to shield themselves. After all, they are good souls, who are coming against evil and we cannot allow them to suffer such. You understand do you what I am trying to convey?

Les: I see, yes I do now. I just wondered, I see that your prime concern is that the goodness of any particular soul, **(Yes.)** can evolve as it is required to do, **(Yes.)** without interference.

Yes, now you know and understand what I am saying. (Yes.) It is not easy to convey words to you, but I hope I am making myself perfectly clear.

Les: You certainly are and that leads me to another question: Since our thoughts are so powerful in a negative sense, would it be of help to those innocent souls, if we in our own praying, asked that help should be given to them?

Of course — you see good thought patterns are much more powerful, that is another topic, but they will outweigh the energy of evil thought eventually. So if you can endeavour to do that, it can only be of help.

Les: Yes I ask that because our friend Salumet has asked that we should all give thoughts to others who are lonely, distressed and consider themselves forgotten, whether on this Earth or your world and I'm sure we all do that in our praying. And it occurred to me that it could be a useful addition to our prayers, to include those in your world, positively.

Of course — remember these souls are unaware of the evil thoughts that are being directed to them. Of course some would be aware, but I am concerned with the pure souls who do not and cannot be allowed to be distressed, if that is the correct term, by negative thoughts from this planet.

Les: I see — no, I begin to understand quite fully now, why you have come to tell us this tonight, because it does give us the knowledge that those pure souls, have a duty almost, to continue in their purity, for the benefit of those with whom they are due to come into contact at other times. **(Yes.)** And they cannot be prohibited from carrying that out.

There would seem — I know I can feel it from you, that there would seem to be so many contradictions from our world. Of course there must be, because you cannot fully understand what goes on in our world, until you come to us.

Les: Yes I think this has been made clear to us so many times, that we have no argument with it at all. We accept that we cannot possibly understand everything, until we do come to you.

I hope I have helped, I hope I have provided a little knowledge to you. I do thank you for your attention and I hope that my words have been clear to you. As I say, it is most strange to be using a voice, but I will accept that you have heard and understood me well. (General agreement + thanks)

Les: We have heard and understood every word and as I say, we have it again to listen to, and I'm sure we shall be doing and we really can't thank you enough for what you have told us. Your knowledge has added immensely, to what we have already learned.

I need not your thanks — I say to you the honour has been mine. I thank you for this opportunity, because not only has it been an honour, but it has been of much help for me. You may not fully understand that either, but in saying those words, I assure you that this task has truly helped me on my way.

Les: We are very, very pleased to hear that and I'm going to be presumptuous, and ask whether we might expect you to come back and talk to us on another occasion? Or is that expecting too much?

I cannot give you that answer. That would be something perhaps that you could ask your teacher and if it is required, then of course I would be happy to return to you all. (General thanks)

Les: That's very nice to hear and we do appreciate it. We shall certainly ask. You don't give us a name and I'm not asking, our teacher will know to whom I am referring I'm sure.

I am permitted to give you a name if you so desire, for contact purposes only. I am allowed to give you the name of Myeisha.

Les: My-eisha. Thank you very much indeed — we shall remember that with love.

So if I am permitted to return, then I will use the name.

Les: Thank you Myeisha, we shall certainly remember this evening and your name.

Now I believe I must leave you, I do wish you all much love, I wish you well, and I do say to you, be careful of your ~THINKING.~

Les: Yes, I know you say you don't need thanks, but could we with respect, congratulate you, upon your use of the human voice. (General agreement) We are all unanimous on that.

I thank you all, I thank you all, I thank you all.

Les: God bless you and take our love with you.

~24th February 1997~

Good evening. (General welcomes)

I would like this time to begin by saying thank you to all who are present this time. I know that your dedication must be thanked and this I do this time.

Les: That's very kind of you and we'd all like to thank you for the visit of your colleague at our last meeting. It added enormously to our knowledge and we are truly grateful for it.

I was pleased that it went as well as it did, because as you know, to the communicator, it was a very new experience and one for which that soul will be eternally grateful to you all.

Les: We're certainly very grateful to him, for the effort he made and the information he gave us.

The information imparted to you, I hope has given you more food for thought.

Les: It certainly has that. I think everybody agrees, don't they? (General agreement)

That of course was our intention.

Les: It's particularly pleasing to know that it works in reverse and that our communicator also has benefited.

The communicator was indeed thankful to you all and on those words, I will leave it there. I would like to say to you this time, a little about the dedication of peoples like yourselves, who come together, for Truth, for Light, for Love; who join together, in an effort to convey the truth of Spirit. I know some of you ponder about the reaction of other people, who are void of the knowledge which you have. To you dear friends, I will say only this: Each one of you comes to life on this earthly planet, with full knowledge of what you have to achieve. We have discussed this a little and I say to you, that you bring with you also, what you call free will. In that respect I would say to you, of other people who I know say that you, I believe some would say 'spiritualists' — I would rather stay away from any titles, but I know this is a term used by many. I say this to you: Allow those people who call you simple gullible beings, allow them their own pathway; again, we return dear friends, to not judging others — allow them their way of thinking. After all, that is what they have chosen and they must come to Truth, in their own time. Do not be angry with them, but be sad if you must use any emotion at all — be sad, that they are so long in coming home to the Truth, you understand? (Yes.) We know life is not easy, because after all, we who know and understand the Truth, are still in the minority in your world, I think you would agree?

Les: Yes, we would agree with that.

But we are growing, we are growing all of the time. Your Earth is coming to a time of change; your Earth is coming to a time, not only of change, but of revolution of thought. It is coming, but to you dear friends, it may seem very slow.

Les: Yes, it does seem to us of course, but we're beginning to realise that patience is the essential virtue.

When you see how many of your earthly years have existed, then you must understand that progress takes time, although from our side of life, it is *nothing*, as far as all of eternity goes. So dear friends, I say to you, *smile* upon those, who would disagree with your knowledge and your understanding and offer a *thought* for them. Let us return to that word once more, *~THOUGHT.~* Use it wisely, use it daily for good, use it when you can utilise it for the very best in your world.

Les: Yes, I think you have already taught us, the importance of using *thought* in that way.

I do not apologise for constantly returning to it, because dear friend, it is what I have come to teach you and if only but *one* person here, comes to know and understand the true meaning of *~THOUGHT,~* then indeed my task here, would have been fulfilled.

Les: I think we shall all be able to satisfy your wish in that respect, after what you have told us.

I cannot stay much longer this time. So if you have any questions, please ask now.

Les: Yes, I have one relating to *energy* and I thought of you several times, when I was reading an article, in which it was said the heart, is not the *pumping agent*, as commonly supposed. The article explained that blood is seen to be flowing through an embryo, even before the heart is properly formed, or even beginning to beat. The article went on to suggest, that the heart is merely a vehicle, for attracting *energy* from the Universe and it is that *energy*, which is responsible for the flow of blood, through the veins and arteries and capillaries of the body.

Let me respond to the subject you speak about. I have explained briefly to you that you consist of *one energy* — all nature on Earth is one energy in differing forms. Of course we must look at humankind, because that is the subject you have broached. When a child is conceived, when the soul decides to leave our world, to join in your world as another human being, then that energy already exists. What you term the *foetus* — and again we return to the subject most rife in your world, of abortion — when you speak of that foetus, you are speaking of the very energy of life. Before the heart is formed, before the limbs are formed, there flows that vital energy. So you see, the heart cannot be the most important vehicle within the body. The energy already exists within that foetus.

Les: So the article is correct in that assumption then?

I would say, *mostly* correct. I will send someone to you, who will elaborate more, on the way energy is used in the human body.

Les: That would be very interesting.

There are so many topics that you need to elaborate upon. For now I will say, of course the heart is a pump, in the sense that you would understand it, for the blood to flow around the physical being. But it is only part of the energy being brought to the body, by the energy of life. Do you understand?

Les: Yes thank you, because the article was quite concise, in its elaboration of the reasons, for what was said and one couldn't really argue against what was said.

Without the understanding of the life force, which after all is *pure energy*, then the human composition cannot be understood. After all, flesh and blood is used only as that outer skin, as the vehicle — I know you understand this. So it has to be known that the life force is always there and it is that part which will continue forward, when the physical being dies away. Is that helpful to you for this time?

Les: Thank you very much indeed, yes it is and we look forward to someone else who might come to elaborate in the future.

Energy must be spoken about and when I feel that the time is right for you all, then someone with greater extended knowledge will come to you.

Les: Thank you very much for that, it's something else we shall look forward to.

Did I not tell you, that many concepts in your world are being disputed? (Yes —) That many ideas, much knowledge has been put forward wrongfully. But now that time has come for Truth to emerge and the time is ripe for all understanding of the human life, the human potential, to be looked into more deeply, so that man can begin to understand his very beginnings.

Les: Thank you very much indeed for that. It certainly becomes more and more interesting every meeting, I would say. It increases our knowledge and our anticipation of further knowledge.

There is so much you cannot know, but our intentions are that the planet Earth must now grow; must now come forward into that greater *light*. I use the term, because I think that is what you will understand.

Les: Yes, we do.

But it is time for this planet to take its rightful place within the Universe, within that cosmic energy field, which is ever-moving, ever-flowing, full of love, full of *divine energy*, full of *love and peace*. (voice becoming very faint) I must leave you this time.

Les: Yes thank you very, very much and our love goes with you, God bless you.

Eileen then channelled a light-hearted one who instructed us to be aware of those around us and try to describe any impressions/clairvoyance that we might be given.

~3rd March 1997~

Good evening.

All: Good evening.

I thank you for your welcome this time and I say to some of you, that I bring to you upliftment, which is needed in your lives. I would like if I may, to work with this instrument this time.

Les: Of course.

But we have with you using lady, someone who wishes to speak to each one of you, about their own personal unfoldment.

Les: Thank you, we shall be very pleased to have that.

So I will let you continue and to say that this instrument may need extra time in returning to you.

Les: I understand and we shall of course be aware of that and act accordingly. Something before you go, you said you were bringing us upliftment, I don't know whether my colleagues felt it tonight, but I think there was a tremendous sense of peace and love and enfoldment, is the only way I can describe it.

I bring peace to you all. (faintly)

(General thanks + farewells)

Our expected guest followed through Sue and there were a few adjustments to conditions, before we approached and stood before the communicator individually to receive our guidance. The information may be of less interest to some, as it was aimed at specific group members. Nevertheless it does give further insight into how our unseen friends work:

Margaret: Good evening.

I know this one has been told that she is to be used and let me assure her, she is not forgotten. We are coming to you in sleep, to get your physical and spiritual countenances become aware of us, so that when the time comes for your work to begin, we can slip into your body, with the minimal effort.

Margaret: Thank you very much.

I know you have been told that you will have a helper here. Rest assured this is the case and you will be working closely with the little one (Jo) and much will be achieved. I wonder if you could do me the honour of helping to help her.

Margaret: I will do that yes.

You are aware I know that your colour spectrums are as one. (Margaret's and Jo's are both purple, as given at another meeting)

Margaret: Yes they are, yes.

Please may I ask in the quiet time you have, before you retire to your bed, you could sit with your hands as mine are now, think kindly thoughts of our dear little one and imagine both her and yourself enveloped in that regal colour. May I ask this boon of you?

Margaret: I will do that yes, I promise faithfully I will.

Place your hand upon mine my dear child. You are greatly, greatly loved and in Spirit you are growing beyond any means you might imagine.

Margaret: Thank you.

Now take your place and remember your work will begin shortly.

Margaret: Thank you very much.

Les: Sarah?

Sarah: Good evening to you.

Yes, you have started to develop in this room, in communication. We are most pleased with your progress, but I wish to say to you, that you must be a little more careful. It is not meant as a criticism my dear one, far from it. You have given yourself freely, to be used and that is most wonderful and we thank you for it. Your spirit shines forth from you and we are aware of your powers and what you can achieve and the love that comes from you for others. But please let yourself be guided by the leader of this group and let things come a little more slowly.

Sarah: Thank you.

Place your hands here, go in peace my dear one and continue to show your love for others as you do already.

Sarah: Thank you I will.

Les: Sallie?

In time this one will be able to describe to the others here, some wonderful scenes, scenes which come into her mind and which will at first surprise her, and enthral her. They will form a pattern which will follow her through all the days remaining to her on this Earth. In time my child, you will be able to identify their purpose and be able to read into them messages, which you can relay to others. It will be of importance and these messages will help to change the thoughts and lives, of some who surround you. This may sound complex and confusing at present, but when your work begins, you will remember these words and your understanding will be complete. Please place one hand here. Take the strength I offer you and go forward with an open heart and with love.

Sallie: Thank you.

Les: Lilian?

Yes, this one as I know you are aware is a most precious soul. She has been working quietly and diligently by your side for many years. She is truly one of the spiritual beings, is greatly loved both on your side and on the side where the spirit dwells. So much power comes from this one, which enables others to fulfil their tasks. Her healing has brought comfort to so many and will continue to do so.

Lilian: Thank you very much.

Les: George?

I will say a little to you, because you have been told very recently of the work we are hoping to achieve with you.

George: Yes.

Keep the names foremost in your mind, let the channel to your creative spirit be open and as we have promised you, great things will come from your pen.

George: Thank you.

You are greatly loved and our dear scribes are anxious to become part of your daily life, if you will permit them. (Yes.) Go in peace with much love and so your work will begin.

George: Thank you.

Les: Paul?

Could I please speak to the two gentlemen together?

Les: Yes Mark please?

Forgive me for making you share the one message, but you will be working together and it is not necessary for me to speak to you separately. You are bound together not just by blood, but by a great love, which surrounds you and comes from someone in spirit, who will be working with you closely over a period of time. We ask you please to give a little time to sit quietly each evening, not together, that is not necessary, but if it is possible, at the same time which is acceptable to both of you. If it is not possible, please do not be concerned, we can work around it; time as you are aware, is not the same on both sides of the realm. Sit quietly and think of the outdoors, think of the sky and the grass, the wind and

the rain, and anything you personally feel connected with, we are hoping to be able to use you, to bring greater understanding of plant and animal life, into your lives. So much so, that in time, you will be able to feel the spirit coming from things which up till now have seemed inanimate to you. Again, this to your ears must sound incredible, and quite beyond comprehension, but we will come to you in rest periods, and explain to your spiritual being more fully. Go now and have much love between you and try to feel the things surrounding you. Try to imagine their spiritual power and discuss it amongst yourselves and see what you can see.

Mark + Paul: Thank you.

Les: Jack?

May I ask you, do you ever feel that there is someone with you?

Jack: I do yes.

When you are reading?

Jack: Sometimes yes.

There is one with you who needs, for reasons I cannot explain this time, to see through your eyes, the written word, whether it be a newspaper, a heading on a sheet of paper, a word of fiction, or even what you class as a dictionary. They need to read the written word. Would you permit please for this person to enter into your spirit, and read with you?

Jack: Yes most certainly.

Please I ask you also, if you sense that someone is with you, tell your dear lady, what you are feeling, whether you feel differently around your face and eyes and write down between you, what senses come. It will be most important for this person to know that they are succeeding in what they are trying to do. We will explain more fully, the reasons at another of your meetings. Thank you for allowing this experiment to take place.

Jack: Thank you.

I leave you now, so that the rest of the time can be used to slowly bring our dear friend back from whence she has been taken.

Les: Certainly.

I say to you before I leave you, that the group you have here, is most beloved and takes so much of itself from you my dearest friend. Without your guidance and love, your world would be a much poorer place. We will protect you and guide you, as the time continues. I leave you all with more love than you could possibly imagine.

Les: And our love goes with you and we thank you for all you have said.

~10th March 1997~

Good evening. *(General greetings)*

Before I speak this time, I would say to you all, to give thoughts to that *Great Force*, to which we belong, to give thanks all of you, for where you are at this moment of time. I would say this to you, that all of you in this lifetime, have achieved much, much that you should be thankful for, although for a few, unquestionably, they are not aware of how much they have achieved. So on behalf of you all, I offer our humble thanks to all of those who come close to you, with much help.

Les: We would like to join you in those thanks please. We are happy to know that we have progressed to that state and thank you for telling us.

Whilst we speak of progression, I wish to say this to you that: Mankind in general upon this planet Earth, has reached an awareness which brings joy to those of us in my world, who are *striving*, who are striving to bring knowledge to this Earth. Surrounding this planet, there now prevails a *stillness* and *peace*, which you would not be aware of, but brings much satisfaction to us — a stillness and peace, which over your next one thousand plus years, will pervade all of mankind to such an extent, that no longer will there be the fear and the distrust shall I say, of all things termed *supernatural*; they will become *known* and *natural* to mankind — mankind will return to that knowledge which belongs to them. So I say to you

dear friends, although you will not exist as you do now in these times to come, I extend this knowledge to you, in order that you carry it forward with you, to our side of life. Keep it with you, use it wisely and know that you have become part of it.

Les: Thank you very much indeed. I'm particularly interested that you should say this tonight, because during this last week, I have thought of you a number of times, after listening to various religious broadcasts, all of which have said the very thing which you have said, that mankind is beginning to recognise spirituality.

I have told you when first I came, that mankind will change — you must return to those values, to which it is known will be of benefit to all. This planet Earth as you know it cannot be allowed to be destroyed by mankind and I have spoken to you about this. So, if we cannot allow you to continue on the destructive pathway which you have been treading, then we have to look forward to teaching mankind to help them in their awareness. And that is why your planet at this time is being *all-pervading*, in all areas of living, with *stillness*, *peace* and much *Love*. It will come to all, although I know you will say there is so much strife within our world, how could it possibly be so? I say this to you dear friends: All things are possible, when you speak of Love and the power it can create, within all men. I accept that some men will never accept the love given to them; they are the foolish ones, who have much to learn. But good in the end will always overcome those who have doubts, those who have evil intent — and only those who refuse to accept what is given, will leave this planet, to find and accept, the love given elsewhere. But you are in an age, where there is much growth, much being given from our world. If only I could bring a little to you I would, but I hope you can accept my words instead.

Les: We certainly will accept your words and we're very grateful for them and of course a thousand years hence, is far beyond our comprehension, but do you see us again having the opportunity to work together, once we reach your realms?

The opportunity is there for you all, but I can tell you that a few of you will go in different directions.

Les: But we shall still be able to assist in this work of development and fulfilment, shall we?

Of course, I would not be giving you this information, if it were to fall by the wayside. I do not come to waste words, but to encourage you to go forward and to know that ahead of you all, is much greater work, when once you return *home*.

Les: Good, we're very pleased, we've not discussed it, but I'm sure everybody would be wishing that and it's very nice to know positively, that it will be so.

Dear friends, once there is spiritual links and bonds, they cannot be broken. So always remember the opportunity is open to you, but still for some time to come, even in our world, your own freewill will come into play. I would say that the majority here will eventually gather together, with many more who are in our world. You will work as a team, you will use the knowledge given to you and you will go forward, rather than return again to this planet. I do not wish to tell you at this stage, who those few are, it is not important, but in saying so, when they break away, there will be a good purpose and for them fulfilment also, you understand?

Les: Yes we do.

Now, for this time I would leave you and allow another to speak. I will remain whilst this meeting continues, with this one. And so dear friends, know as always that I enfold you all, with my love.

(General thanks + farewells)

Another communicator followed swiftly through Sue — a Native American Indian friend, who had been before:

Les: Welcome to you, thank you for joining us.

White Feather.

Les: Hello White Feather, This is an unexpected pleasure. It's a long time since you've spoken to us.

Hard for me — stay short time only. Welcome to my friend.

Les: It's certainly very nice to have you here again.

Many new peoples here, since first I came to you.

Les: Yes there are indeed.

All old souls and well-loved.

Les: That's very nice to hear. And we're very happy to know that you still work with us.

Have travelled much since we last spoke; over many oceans and through many of your years and upwards into Higher Plane.

Les: You have been busy and we feel it an honour that you should come back to us again. Am I right in thinking that there are three you would wish to speak to, who are new since you were here last?

I will speak, but not to individual peoples, those who have not heard my words before, will know I am addressing into their very hearts. I bring you many, many greetings from those who cannot travel back into your realms. You will know how difficult sometimes it can be to return. I can say to you, and you know I do not mean to cause offence, when I say this, it is a difficult thing I do this time. Due to physical body I use, I am managing to keep my voice lower than you probably have heard it before.

Les: Yes, it has been very loud in the past.

I say to you now, I come for specific purpose and will speak now, for short time only.

Les: We're always happy to listen to you of course.

I wish you to know that before your next new moon, there will be much, much to please you, coming into this room. I would ask each one here, to please in the weeks that follow now, that before you come into this most peaceful and tranquil place, you will find time, in your busy lives, to rest and meditate, before you make your journey here.

Les: Yes, we shall certainly try.

We need tranquillity of mind, body and soul and hope that with quiet meditation, it may be partly achieved, so that what is intended here, can slip in with minimum effort.

Les: Thank you, we shall certainly try and do that for you and of course, for ourselves.

To those who are unused to hearing my voice, I say to you that the next time I speak with you, it will be louder and please not to be alarmed. You are used to me I know my dear friend.

Les: Yes, when you used my lady, you were very loud.

And you can assure these people, I am more gentle, than perhaps I sound.

Les: Yes, we understand that.

I will say to you and I'm sure you know your lady is with me many, many times.

Les: Yes I am aware of that and I thank her for it.

We work as the team we were told we should be. **She accompanies me on journeys and is learning so much and giving so much in return.**

Les: Yes she always did that when she was here. I'm not surprised that she's continuing to do it.

She is truly amazing and most beloved person.

Les: I'm pleased to hear that.

The oceans are not large enough to take the love that emits from her soul.

Les: I was very grateful for the years I had with her here.

I will leave you now, with the blessing of White Feather. I will return at the time of your next new moon and I will speak to you and teach you something that I have learned since last we met.

Les: We look forward to that and to hearing you speak again.

We will advise you when I will return, there will be certain conditions, which with your acceptance, we wish to ask for.

Les: Yes of course, you only have to let me know and I shall be pleased to do what you wish.

Now, this little one tires of me and we do not wish to distress her further. There will be no more speech here this time. Please bring both this little one and our dear friend here back gently and then say your closing words.

Les: Yes we will do that and once more we all thank you very, very much.

White Feather say to you all, until we meet again.

Les: We look forward to it. Our love goes with you and God bless you.

White Feather happy to have been amongst you once again.

Les: We're very, very happy to have had you with us and we look forward to the next time.

*White Feather then blessed us in another language: **Hakinjehmorcavagarm Ekotivahh Distavarn Ekontigargo.***

~24th March 1997~

Good evening. (General greetings)

How good it is that since we met dear friends, how much you have grown in your understanding, your understanding of living and daily lives. All of you now have come to the understanding of peace within your daily lives, peace that outshines problems that surround you, understanding of what you must do, an understanding of that true self. I say to you dear friends that each one of you, can say at last, I shine with understanding of what I am about. All of you know and *feel* that what I say to you is indeed *Truth*.

Les: Yes I don't think anybody would deny that. Everybody agrees with what Salumet has said, I take it?

(Enthusiastic agreement)

I wish to extend welcome to this one who comes another time. I would say to this one, that she is growing, but is in a hurry to achieve much. I say only to you child, there is humility to be gained by using patience. This I have told you all, but I would like to reiterate for this one. She has much to do, as you all have, but she must be patient. She feels at times, that not enough is happening in her growth. Is this not true child? *(Yes.)* Yes, are you all not so impatient, when you begin on this pathway? Yes, all of you are. To this one I say, carry on the pathway that you have chosen. She is in dilemma at times, as to what to do. Her desire is that she do more work for us, but I say to you dear friend, the time will come, the time will be right, but carry on as you are, because your daily living is a strong force with you this time and you must allow yourself the occasion of living to the fullest at the time. You will develop along the lines that you so desire, but to give it time. I would say one last thing to you and it is this: You will take a different pathway than you would anticipate. There is much work ahead of you, but this work lies in directions not known to you, at this particular time. I leave you with those words dear friend and say to you, offer yourself always, as a channel of love, as you all do. May that *Great Creative Force* which enfolds us all, surround you with love and knowledge, as you tread this earthly pathway. You will succeed, you have the opportunity this time, to make of yourself what you will.

Les: Thank you very much for that.

Heather: Thank you.

Les: The lady as you no doubt are aware does some excellent work at our other meeting.

I am fully aware of what is happening in her life as a whole, because she is one segment of a whole, a whole to which I am committed, you understand? *(Yes.)* No, there is nothing within your lives, which is not known. Your loves, your desires, all is known. But as I have said to you in the past, I do not come to guide you — your knowledge has outgrown that; I come to give you knowledge and I hope understanding of that knowledge.

Les: You are certainly doing that, thank you.

Now, before I answer questions this time, I would ask you please that when communicator uses this one here, that she will need special help in returning to you this time.

Les: We will see to that, thank you for telling me.

Now do we have questions please?

Les: Yes there is one, if I might begin. I have somebody coming for development, apart from at the meetings. The person is very sincere and genuine, but their development is so sporadic, that I sometimes wonder whether the subconscious is interfering.

May I interrupt you please?

Les: Please.

Before we continue further, I would say to you this, that the time is not right for this one. I trust that your words can be kindly, but I would perhaps say to you, to leave for a time, to allow those who have

come close, and they have I assure you, to work with this one until such time that it is suitable for all to work.

Les: Yes thank you, you have rather confirmed what I suspected, which is why I asked the question.

I hope I did not be abrupt, but I did not wish to waste time on words, which were not of use.

Les: Of course not. Well thank you for what you've told me and I will deal with it in an appropriate way, without giving offence.

Yes, you must use *kindly*, the correct words. All of you are capable, some more than others. But there is a time when it is right to begin work and for this one, it is not at this time.

Les: I think there is a lot of impatience there too, which is preventing proper development.

It is not so much impatience as shall I say, the imagination *runs wild*. You understand? I don't use these words to be harsh, but I cannot let you continue *under false pretence*, I think you would say, in using valuable time, when it can be devoted to other things, you understand?

Les: Yes I do and thank you for the information; I'll deal with it. Any other questions for Salumet?

Sallie: Yes please. It's to do with knowing that spiritually things are going to change for people on the Earth, but in the meantime while this change is occurring, we've got a *General Election* coming up. Politically, I think I should be trying to do something that helps people in general while they're in this particular system, but then I think to myself, perhaps I'm going down the wrong road and should be concentrating much more on the spiritual, rather than worrying about the physical. Am I making myself understood, because I'm not saying it very well?

This dear child would like to lift this world and change it quickly, but dear friend let me say this to you: Of course all thoughts for good cannot be bad, how can they? It is difficult in your living, to get a balance of what is spiritual and what you term your *daily lives*, but that balance must be found. I would say to you dear friend, continue to help those in your world, because love can conquer all. It is a much used phrase in your world, but let me tell you that it is words used that are true. Send your loving thoughts to those men of power around your world, that will enable them to make sound judgement, to show love to those peoples in your world who are lacking in it. So dear child, by doing this you are growing spiritually. Do you understand? (Yes.) By the outpouring of your love for your fellow man, you indeed are growing daily in that spiritual love. You are *'Love,'* you become *'Love'* — all of us are *'LOVE.'* After all, what do you suppose that *Great Creative Force* is? I have spoken to you about it previously. We are all *sparks of eternal Love*. Do you understand? (Yes.) Does that help you?

Sallie: Yes it does, thank you.

Each loving thought that is sent forth out into the cosmos, is an enrichment, is a growth of spirit; it is a growth of energy, which becomes stronger and stronger and which in time, will enfold this world of yours. It will be a world of *peace*, it will be a heaven on Earth, as it was intended to be. Do you understand? (Yes.)

Voice fades as power seems to be fading:

Now dear friends, I bathe you all in love and I will leave you this time and let another speak to you.

Les: Yes, thank you again and our love goes with you.

You are children of children of *Love and peace*.

Les: God be with you.

There then followed one through Sue:

You have been told that at some stage you would be visited by a facet of the great one, who has just spoken with you. It has taken much effort and we are missing one who should be here, but it was felt that the ethers were conducive to a small amount of dialogue this time. I appreciate it is difficult for you to comprehend that the one you are speaking to now, or rather, I beg your pardon, the one you are listening to now, is also part of the one who has been speaking to you previously.

Les: Yes it is difficult to comprehend; we accept it, but I'm afraid we still don't understand it.

My friend, you will have many roads to travel, before you even start to have more comprehension.

Les: Yes I think we all accept that too, that we are only at the beginning of many roads, which have to be travelled.

This time I bring no words of wisdom or teaching. I come only to introduce myself and hope that in time, my communication will be more understandable.

Les: I'm sure it will be, because as you use your instrument, so the voice will become stronger and clearer.

We have been preparing this one for some time.

Les: Yes you have indeed and we are all very pleased to see that she can be used in this way now.

There is an element of doubt in her mind, as to whether she can do such things.

Les: There shouldn't be any doubt.

It is different this time, to what has been achieved over previous years.

Les: But she should realise that that *is* development and that she has the inherent ability for you to use. I hope she will dispose of all those doubts and let the communication be free.

Have no worries, this one has pledged herself to be used in any way necessary. The doubts I speak of, are not connected with this work as such. It is doubts which we have found when we have visited her in her state of repose.

Les: Yes we were told that you were going to visit her during her sleep state, in order to acclimatise.

She is (?) in giving herself openly to help with healing work. We wish this to continue.

Les: Good, I'm sure that each time she is used in this way, the contact will be stronger and the continuity of the voice will be much better.

In time I say to you, you will be speaking simultaneously, to not just the great one who you speak to on a regular basis, but to this one, as a facet of the whole and also to another facet.

Les: Good, we look forward to that.

It will be something which should open up enormous possibilities for the future and hopefully the information you receive from the three, will enhance each one who hears it and give far-reaching and amazing consequences.

Les: Good and I say again, we look forward to it. We have been promised great things here.

I will take my leave of you, giving you for the first time, but not the last time, my overwhelming thoughts of love to you all.

Les: Thank you.

Dear children of the Great Creator, put your feet in the footsteps of the force that loves you, open your arms and let the force enter into your very Soul and your lives will surely be great.

Les: Thank you. Our love goes with you, God bless you for your visit. We look forward to having you with us again.

There then followed another through Eileen:

Please stand away from me. I am Thomas. I am an emissary of Light. I bring to you all the eternal flame of Light. Who will wish to receive it on your behalf?

Les: May I? I'll receive it on behalf of everyone here and at our other meetings Thomas.

This precedes many things which to you have been promised. Soon there comes to your Earth your rose, which should have meaning to you. You have seen many earthly years of the rose. But I say to you, as I bring this eternal flame, so too does it bring the eternal rose to you all. (General thanks) I say to you all, be thankful that this is given to you.

Les: We are indeed. We're all very grateful and to you for bringing it to us.

My mission is over, I leave you with it, I say to you all, be aware of what is to come.

Les: Thank you.

This flame will burn ever more brightly, as you continue this work. All of you will become aware of its brightness. Please accept it from us with love.

Les: We do indeed. Thank you Thomas, we shall think of you often.

~31st March 1997~

The first channelling this evening, was through Les:

Good evening to you my friends. (General greetings) I have been asked to begin this evening's meeting, by coming to thank you at this time of your year, to thank you on behalf of all those who in their Earth-time existence, taught their various things about what was considered to be the Truth and which they now realise was in fact far from that. They have asked me to bring to you their profound thanks for the work you have done in conjunction with your colleagues, who also come to this temple of love, to enable those who made the mistakes — though they were not aware of them as mistakes — to enable them now to shed all the information which was so wrongly put, to those on Earth. They thank you wholeheartedly for having released them all from the shackles, with which they were still bound, when they joined our planes of life. I wish it were possible for you to see the joy which surrounded each of them, when they were released from the burdens, which they had born for so many years. So my friends, I give to you again their thanks and their love and their constant blessing upon you all, for what you are, for what you do and to assist you in what you will be, in due course. God be with you, keep you and guard you all the days of all your lives, within this Creation, which is never-ending.

George: We thank all concerned for their message. God bless you. (General thanks)

Les then came back and suggested that this was an Easter blessing for everybody. Salumet then began through Eileen:

Good evening.

(General greetings)

My friend, are you fully returned?

Les: Yes thank you — very unexpected as usual. We do appreciate those people coming, when they do.

The communicator who came to you, brought to you a little of what I wish to say this time.

Les: Thank you.

Firstly let us give thanks to that *Greater Force*, that once more we come together.

Les: Yes we do join you in that.

The communicator, who has spoken to you this time, mentions this particular time of year, in your Christian calendar. Although much of those teachings of the time were abused, let me say this to you dear friends: I would say to you, the teaching of the Christ rising is something that should be retained by you all; call it a celebration if you must, but in that respect that it is a teaching of life everlasting, then I say to you, continue with the spiritual knowledge which you have, to uphold this time of your calendar year for that purpose, as a memory that *life* continues, that all of you rise from the physical clothes, that all of you go forward in spirit, in knowledge and in *Love*. So dear friends, I say to you, put aside the extraneous thoughts about your Easter time and concentrate on that one aspect of the teaching, that the Christ arisen is indeed *Truth*. You understand?

Les: Yes I don't think we have doubted that — I don't think anybody's ever doubted that, have they, that he did appear again, but of course not in a physical sense. I was going to ask you a question about that after.

Yes I know, that is why we are discussing it this time. (Thank you.) I say only this: That *Truth* will survive all of men's teachings — Truth of Spirit must prevail. You cannot destroy what is Truth, You understand?

Les: We do indeed.

Now I am open to your questions this time.

Les: Thank you. It has always been my belief, that the '*apparition*' shall I say, which was Christ after his crucifixion, was in fact the appearance of his spiritual self; in other words what we call these days, a *materialisation* of the *spirit body*, in order that it might be visible to humanity, as a hindsight.

You are perfectly correct in that assumption. How else could it be? When the material of the body decays, it cannot return. You know and understand this well.

Les: Yes we do.

So any form that reappears shall we say, is the *Spirit form* and what you humans term *materialisation*. It is in fact the *true self*, the self that you all are now, but cannot be seen by others, or shall I say, *can* be seen by only a few. So you are correct.

Les: Right, if I might follow that with another question. We all know *St. Paul's* experience on the road to Damascus, when he saw a blinding light and was converted. It came back to me after the last meeting, when somebody — and we feel very honoured that it did happen, I'm sure I speak for everybody — somebody gave us the *eternal Light*. That brought back to me Paul's experience. He would no doubt have been experiencing what we were told about at the last meeting, of the *eternal Light* — *eternal flame*. (*The atmosphere in the room from this point seemed particularly special*)

Let me say a little about this please: There are in our world, many bearers of that light, that flame — the word matters not, it is eternal life, it is the eternal purpose of life, it is life itself. We can make it seem that all of these things are miraculous in your side. Dear friends, let me tell you this: That what seems to you to be miracles, to be signs of spirit life, is available to you all. It depends so much on your own spiritual awareness, as to *how much you can receive*. The eternal light, the eternal flame, is within each one of you, within the grasp of each of you. It is not something special that only a few can have, but it is your *right*, it is your right to obtain all of these *gifts*, as I so often hear them called. After all, I tell you once more, are you not first and foremost *spiritual beings*?

Les: Yes I think we accept that without question now.

So whatever belongs to spirit belongs to you. In offering the *eternal Light*, the *eternal flame* to you last time, the communicator was offering the *knowledge* which is attainable by all of you, do you understand?

Les: Yes now we do, thank you. Has anybody a question on that, or is everybody quite happy with the explanation? (*pause*)

It — perhaps we can explain in simple terms. As a child you would not be offered any reading matter, which you had not been able to read. But you have to have attained that standard of reading, before that book would be offered to you, would you not? (*General agreement*) So can you see in comparison, that by offering the *eternal flame* to you all, does it not show you dear friends that much is within your reach? Can you see? (*General agreement*) So I say to each one of you: Reach out, take what is your *right*, take that *flame of eternal existence*, use it whilst in these *physical bodies* and use it to good advantage; use it with *Love*, because if it is abused, then it would be withdrawn from you. Do you understand? (*General agreement*)

Les: Yes we would certainly never wish to do anything, however slight, to damage the reception of that, or to interfere with the proper use of it.

It would be helpful I think to you all, if when you enter this place where you meet, that you see this *eternal flame* in the corner of your room, to focus, to visualise, to *BE* that *flame*. Is that clear to you?

Les: Yes I think we shall all do that now — no let me correct that, I don't *think*, we *SHALL* all do it.

When the time comes, when you interact with the *flame*, when you are part of the *flame*, then indeed you have grown much. Your knowledge of all things spiritual will have grown to such a degree that you can look to each other and say, '*At last I am on the road to going home.*' It will not happen in days, weeks, months, but it will take for most of you, many of your earthly years, to attain that degree of knowledge. But that does not diminish the fact that it has been offered to you, because to have an emissary from our world to present it to you, should dear friends, show you that you are following your correct pathways.

Les: Yes it was a delightful experience for us all.

Now, my heart is full in speaking with you this time. So I say to you when you leave here this time, ponder my words and you will be surprised at what thoughts come to you.

Les: Yes we shall do that.

Many questions that have puzzled you will *fall by the wayside*, as you say. (*Yes.*) And much will become clear to you.

Les: I would be glad if you could clarify one other thing and my colleagues would like it too, no doubt. We were also told to be aware of the coming of the *eternal rose*. We wondered of the significance of that statement.

I will say to you, I believe you were told many, many of your years ago, that the blooming of your earthly rose would be significant in your work. In that respect that eternal rose was offered to you, as a signal of *hope*. Always keep it in mind, after all, there is much to be learned by looking at that earthly bloom; the beauty and the knowledge within it, applies to you also, as regenerative human beings. The eternal rose should be compared to yourselves, in that you are beautiful, that always it blooms when your sun shines. Therefore accept the eternal rose as a symbol of eternal life and beauty. Again, it is not offered freely to all, so dear friends, accept it with the love with which it came. You understand?

Les: Yes we certainly do and are grateful also for being given that. I did wonder if it meant eternal beauty. It is eternal beauty and life, because eternal life is beauty, beauty that you cannot understand whilst living on this planet, but a beauty so magnificent, so wonderful, that you need to *feel* and be part of it, like you do the eternal light of love.

Les: Yes, thank you very much for the explanation. I suggest that we should all think of the rose, whilst we are concentrating on the flame, so that we can have the benefit of both, in our thoughts and our development.

While the rose blooms in your world, it will always be a time of great significance in your work here.

Les: Thank you. I remember that we were told a long time ago, that something very important would happen in our month of the roses.

Hold it in your mind and in your heart, it was not given to you lightly; but again, it is difficult to give you times. I know that all of you find *time* difficult to comprehend, but dear friends, it is but a hiccup in all of *eternal time*.

Les: Yes it is, isn't it?

So again and I feel you must grow impatient with me, when I say to you all, be patient, be patient and all will come to you.

Les: Yes we know you wouldn't say it, if it were not so.

I understand your desires and your wishes to know more; all of us in our world understand. But even those who exist in our world learn even so, that when the body has been left far behind, that *patience* is truly what you would term, a *virtue*. Now — (pause)

Les: Thank you very, very much for what you have said.

(power seemed to fade as Salumet uttered these last words so softly/gently:)

I must leave you this time, but say to you all: *Thank you* for listening once more. I feel your love and your welcome and it enables me to speak with you. But I say to you, each one of you brings to me great satisfaction and love to my work. I leave you and allow each one this time, to experience great love from our world, in whichever way they can receive it. To you dear friend, I say you are deserving of much; you have attained much and you will continue to achieve much. May that *Creative Force* be with you, be part of your very being that you can utilise in your daily life.

Les: Though you don't want it or need it, I do have to say again, we thank you immensely for what you bring; not only the knowledge, but the happiness and the love, which we can feel from you on every occasion. God be with you Salumet.

There then followed one through Eileen, with a message for Jack about needing to rest more/listen to his body, before we closed.

~7th April 1997~

At the start of the meeting, Les gave details about a rescue that had occurred in the Wednesday circle, as it was a particularly difficult one from the lower realms.

Good evening. (General welcomes)

As we begin this time, I ask each one of you to feel the energy of that all-encompassing Light, which surrounds you all. Feel from it energy and Love, because dear friends, you are in need of it this time. I do not wish to say much this time, as I would like to take this one on a journey, a journey into the Light,

which feeds us all. She will return to you unaware of what has happened, but the soul aspect will find much happiness from her journey.

Les: Thank you.

I say to you all, there will be communication by others this time, but I will say only this to you this time: That your Earth planet is surrounded at this time, by much energy that has become maximised at this stage of Earth's evolution. In saying this I say to you all, that during this coming year of your Earth time, each and every one of you, will feel that magnetic pull of energy, which should uplift you all, beyond your wildest dreams, in respect of progression of your soul. Do you understand? (General agreement)

Les: Yes we do and we thank you for the information. That energy is increasing I imagine is it, because of the work you and your colleagues are doing for the sake of the planet?

It has to be, it is part of the plan of life; it is an important earthly year, because of this. Man should feel the benefit of it in many ways. Those foolish enough to ignore it can only be at fault with themselves.

Now I leave you dear friends, to continue this time. (General thanks) I would ask you please, at the end of this time, that the instrument be given gentle help to return.

Les: Yes of course.

She will not be aware of what is happening, but may feel emotional.

Les: I understand. *(Les reminded us to concentrate on the light in the corner re: Eternal Flame mentioned at a recent meeting) There then followed one through Sue:*

I come for a very short time, to bring you the blessings of our most sacred realms. Were I still to be amongst you in earthly form, I would offer you the sign of the cross, you understand me? (Yes.) But it is not necessary for me to impart my blessings with it.

Les: No it isn't necessary, is it? The words are sufficient and the thought behind the words.

There is such strong and powerful thoughts in this place, that I do not need to say many words, for each one here I know, can feel the love which surrounds you all.

Les: Yes and we thank you for bringing it.

I ask only that they look inside themselves and find thy hidden light, which is within you all. Imagine you are going down a dark tunnel, knowing that soon the darkness will evaporate and you will be able to see what is ahead of you — that is finding the inner light within yourselves. I suggest in quiet times, when you are all alone with your thoughts, you practice walking through this tunnel. It will be of great benefit in the expansion of your knowledge.

Les: Thank you for the suggestion.

And now as I have said, words are superfluous — feel the love I have brought and bathe in its light. There is one more to speak and when that communication is over, I would ask you please, to quietly bring back into this room our dear friend, who is seated on the left of this one. We do not wish to let others through this time. You are aware of what I am saying, I'm sure. (Yes.) There will be one here shortly. I leave you now with more love than your hearts could imagine.

Les: Thank you very, very much for all you bring.

I offer to you a silver rose, which will protect and guide you on the pathways you still have left to tread.

Les: Thank you for that and the protection. God bless you.

There then followed a Sister immediately through Sue, bringing much laughter and joy into the room. Les received much clairvoyance during the conversation:

Goodness me that was fast. I was not expecting to speak quite so quickly. I was stood to one side and then suddenly I was here. I'm quite overwhelmed.

Les: It is surprising isn't it? But your instrument is well-practiced now and of course you and your colleagues find it fairly simple to use her. We all welcome you.

And I am pleased to be here, even though my breath is a little taken away with the speed with which I arrived. I am not used to rushing you know; I normally take things at a more sedate and leisurely pace.

Les: You do, I know — you have a routine, which you adhere to, don't you?

Goodness me, you cannot go through life without a routine, it is too much fuss and bother. I like to know what is happening every minute of my time.

Les: Don't you ever enjoy kicking over the traces a little, now that you're able to do so without being penalised for it? *(knowing laughter)* Yes you do!

I didn't realise we had a mind-reader amongst us! I'm quite embarrassed that you can read what I am thinking! *(more laughter)* ***Goodness me, I think I have been making a fool of myself!***

Les: Not in the least no of course not.

I tell you, I haven't got a routine! (Ha ha!) My life is chaos!

Les: It is, I know! *(laughter)*

Chaos!

Les: And you enjoy it — that is your routine isn't it, kicking over the traces and enjoying the chaos.

Oh dear — goodness me!

Les: We like to do it too, but we don't have the opportunities that you have.

I tell you, I tell you truthfully now, that when I was on this Earth, I had to do things in a regimented fashion and I used to think to myself, 'I wish I could just open the door and run and run and run' — and then common sense prevailed and I couldn't and didn't —

Les: No, you had to rely upon what you were doing and where you were, in order to live a reasonable existence, but that didn't prevent your thoughts taking you.

No and I used to have many a quiet penance after these thoughts. But now — now —

Les: You can enjoy it without any penance.

I do run, I do! *(said with heartfelt joy)* ***But I go such distances and I tell you truthfully, although I run, it isn't physical running.***

Les: Oh no it's thought running — you transfer yourself by thought, don't you? But still enjoy the feeling of running?

It's still freedom — it's freedom I've never known!

Les: No, and you can do it without your skirts flapping about your ankles, can't you?

I think you're some kind of witch! *(chuckles)* ***You know everything about me, yet I have told you nothing! I haven't told you my name, I haven't told you what I did when I was alive, and yet you know!***

Les: I know reasonably — nothing that would embarrass you, but I know in the convent you used to enjoy working in the garden — of course when nobody was looking, you used to run around the plots didn't you? With as I say, your *habit/skirts* flapping around your ankles. *(more chuckles)*

You make me sound like Maria Von Trap! She was fiction — no she wasn't fiction she really was one of us, but no — no I wasn't.

Les: It was understandable.

And I think I brought something to the others.

Les: You *DID*, because I can tell you now — this won't embarrass you, because you will understand and so will she, when your *Mother Superior* was quite well aware of it on occasions, and she used to enjoy watching you do it and wished that she could, as we say, '*Let her hair down,*' and do the same thing.

Ooh! If I was able to blush I think I would.

Les: It doesn't matter, she enjoyed it.

Yes I'm sure.

Les: Have you met her since you've been over?

Yes, but not in the sense you mean.

Les: Well if you *do* see her, ask her if she'd enjoy seeing you do it again and have some fun together. ***Well, perhaps we could?***

Les: She hasn't quite thrown off all the restrictions, but she's getting on towards doing that.

Yes well, she had so much responsibility I suppose it's more difficult for her to throw it off. I couldn't wait! Oh I shouldn't have said that.

Les: Why not? You're free now.

I was good, I did everything I was meant to — it's just sometimes —

Les: Sometimes it used to slip a little — never mind.

But what I did I thought was right and I did used to do some good things.

Les: Of course you did. You did as we should all try and do the best within our abilities. We can't do more than that.

No that's right, you can't.

Les: And if we're so made that we enjoy a bit of laughter on the side when we're not supposed to have it, well that's how we're made.

It is the greatest healer.

Les: Of course it is.

You cannot survive without laughter.

Les: No you can't, we absolutely agree.

And although I shouldn't say it, there are some — not in my order, there are some who — they got it wrong.

Les: Oh they did, they thought laughter was sinful.

They never spoke — how can you help people, if you don't communicate?

Les: You can't, no you just have to let them get on with it.

They are finding it difficult I think these people, because they are having to learn to live all over again.

Les: Of course, instead of being ready to take advantage of their freedom.

Complete rebirth — and that is more difficult. For me it was just one step and I had a new life. Not so far removed from my old one, but freer and I feel of more use.

Les: And much more enjoyable. Of course you're of more use to many people. You've helped many more I'm sure, since you've been over, than you were able to help on Earth.

I spend my work time healing and I have pledged that this is what I shall do, until I am needed for other things. It brings me such great joy and I do come back into these realms to assist when needed, for the healing.

Les: Good, that's interesting too. Yes you enjoyed that part of the work whilst you were on Earth, didn't you?

I did what I could, which was never enough.

Les: No of course not; we never do think we're doing enough, when we have something we're really interested in doing, but you were not able to assess the reaction of the person you were healing.

No — now I can see the light, I can see exactly where I am required to be and the extent of the help I am giving.

Les: That's interesting to be able to, isn't it?

Oh it is most wonderful and I shall continue with this work, until I'm advised otherwise.

Les: Yes I hope you will and you'll get a great deal of enjoyment out of it; we do in our work here, like this.

I have been an observer on the odd occasion in this room. I did assist some little time ago, with one of the doctors that comes here and I felt so honoured to be here.

Les: It's nice of you to say, but we always feel very, very grateful to all of you, for taking the trouble to come to us, back in this heavy atmosphere.

It surprises me how light it is this time — very easy it is this time.

Les: Very much lighter, because the power is greater and you of course bring a lot with you also and as you said, laughter is contributory.

(Spoken passionately) ***Oh you cannot survive without it! No, it is most, most important! And now, if you will permit before I leave, I would like please to say goodbye to everyone individually, may I?***

Les: Yes of course, you can walk round to them, if you wish.

I would yes, one moment please.

(There was then some light chatter, while she moved across the room)

She then started with Lilian:

I am most honoured to meet you, I know all about you.

Lilian: Do you?

I do, but I shan't say anything.

Lilian: No it's best not to. *(chuckles)*

Other than you are a sweet soul and are much loved by everyone. Peace and love be with you.

Lilian: Thank you very much

Good evening.

Jack: Hello.

I am most honoured to take your hand. May all your days be filled with much love. Go in peace my son.

Jack: Thank you, God bless you.

Sallie: Hello.

We had a dog called Sallie at the convent.

Les: Did you?

Yes we did and she was a wonderful character and I know you are too. My love goes with you.

Sallie: Thank you.

Paul: Hello.

Good evening Paul. Oh I feel a deep, deep gentleness here — yes this one runs deep waters.

Paul: Thank you.

He is a great asset to all who have dealings with him. Yes a gentle soul this.

Paul: Thank you very much.

Peace be with you my dear one.

Paul: And with you.

Sarah: Good evening to you.

An old name I know. This name goes back through the generations and is a much-loved name. Yes, this one is an old soul.

Sarah: That's interesting. Thank you.

Go in peace and love my child.

Mark: Hello.

Yes this one and I have met before.

Les: Is that so?

Mark: Can you say anything about it?

My son, do you remember the name you have been given?

Mark: Yes Raul you mean?

Yes, I work closely with him. I have been to you in sleep, I feel your spirit coming up through my hands.

Yes, your guide and I are closely linked. Therefore should you call on him, I may not be far away.

Mark: Thank you for your help.

Go in peace my dear one.

George: Thank you for being with us this evening.

So much love here for his family and for others connected with him, both in spirit and on the earthly planes. This one will surely have a golden crown one day. Much love goes with you my son.

George: Thank you.

Les: And finally Margaret.

Finally, they say finally! (laughter) Oh I like this one.

Margaret: Thank you very much.

Yes, you bring joy to people, even though you might not be aware of it. And because of that joy, your soul burns like a bright beacon in the dark days.

Margaret: Thank you.

You too my child, will wear a crown of gold.

Margaret: I hope I'm worthy of it, thank you.

Do not detract from yourself.

Margaret: Thank you very much, thank you for coming.

And now for you! (Les) Not finally for you, not finally for the lady, but finally for you. So much has been said to you, every word of it the truth. Without your guidance, this group would never have materialised and the work you do, would not have occurred. Although you have been taught that lives are mapped

out and it was written you would do this work, it is your greatness of spirit, which has made the work as important as it is. Without you my dearest one, things would be very different.

Les: Thank you very much. I too shall try to be worthy to what I have been given.

Now I leave the serious part behind. I have so enjoyed being here and speaking to you all, but I need to return to run through the wet grass. (Gentle laughter) It recharges the batteries and enables me to continue with the serious side of my work.

Les: Of course.

But I have loved being here and I still cannot believe that you knew all about me. I shall have to make sure that next time I come, I am in disguise! (laughter) And then we will see how clever you are!

Les: Not at all clever — oh and Sister Rosetta —

Ooh! Goodness me! (Exclamation at Les knowing her name)

Les: — there's one thing before you go, would you tell Sister Angelic — and please tell her I pronounced the name 'Angelic,' and not 'Angelica,' as people used to call her and she got very annoyed at that — that she did not need to do penance, when she looked into a mirror.

Well?!

Les: I know you will see her, you have many a laugh together.

Well I was going to name myself as I went, but I don't need to. I cannot believe this man. (giggles) Make sure you don't have any secrets because he'll find them out. (more laughter)

Les: I can only get what I'm given and it's never anything to embarrass anybody.

I am only joking, I am well aware of what you are given, but goodness me when you are on the receiving end it's a bit of a shock. I will go now.

Les: Thank you again for your company.

I hope I can return, (Enthusiastic affirmations) and we will see how long it takes you to discover me next time.

Les: That's a challenge, isn't it?

On a more serious note now — if you could bring our dear lady back, so that the channels can be cleared properly. I give you all my love and will think of you all and hope you may think of me sometimes. To the gentleman named Mark, I say should he need to call upon Raul, I will not be far behind.

Mark: Thank you.

(General thanks and fond farewells)

~14th April 1997~

Good evening. (General greetings)

Dear friends, I thank you again for your warm welcome. Before I speak with you, I would like to say that next time, there will come to you someone of interest I am sure.

Les: Thank you very much indeed.

I cannot say at this time which instrument will be used, but be assured that there will be much for your attention.

Les: I'm sure there will be and we'll look forward to it again.

If this one is not to be used, then again I will take the opportunity to work with her. But we will wait and see what conditions prevail.

Les: Yes we do understand that these things can't be decided accurately, because of varying circumstances. **This one here is being trained to much higher degree than at first we proposed to use her, but since my coming to you, she has grown so.**

Les: She has, hasn't she — we've had some excellent information through her from your world and we're all very, very pleased about it.

Now dear friends, let me speak a little this time. We have been happy to see how many of you on your Earth at this time, have been interested in what is happening in what you term your *space*. (Yes.) Yes, and in particular I know that each of you here, have been interested in what you term a *comet*. (General

agreement) I would say to you this: If that powerful interest that you all show to things outside your planet, if that interest were to be turned *inwards*, in understanding the vehicle which you all inhabit, dear friends what a powerful force that would be.

Les: It would be, wouldn't it — incalculable.

I would say to you all only this: (*Intense pause*) When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about. (*Pause*) Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.

So friends, listen to me, turn your thinking inward, to the very depths of your understanding, reach out for that knowledge — and it is innate within you all, have no doubts about that and find the mystery within. Seek that dear friends and you will find all. **Do you understand?**

Les: Yes we do. We realise the difficulty of doing it of course, as you do when you tell us it's going to be difficult. But no doubt you would say: *If it isn't difficult, then it isn't worth attaining.*

If you are not prepared to seek and to search, then you will not find.

Les: Of course not.

These simple words I have given to you this time are the most important ones that I can say to you. Find your true self and all of the cosmos will fall into place.

Les: Is there any chance of us finding our true self, whilst we are in this physical body?

I answer with one word: YES. There is no reason why in this lifetime, you could not attain this — you my friend especially, amongst you peoples here. You have the ability; now you must apply it and you must endeavour to focus upon it to achieve what after all, you *know*. It is an innate knowledge that you came to this planet with and as you unfold, so should each part of you be filled with that knowledge. So to you all I say: **SEEK, ASK, FIND** — it is there for you, if only you should *take up* — shall I call it a *challenge*? (*Yes.*) **Now, have you questions this time?**

Les: Well I would like to ask a question about what you have just said. I know we are all individuals and must lead an individual lifestyle, but is there any one overriding suggestion you can give us, as to how we can achieve this inward searching? Bearing in mind that we shall still have to continue living our existing physical lives?

You cannot free yourself from that daily living, of course you cannot. But in your quiet times, and I know most of you try to seek those quiet moments in your daily lives, but I have to tell you dear friends, that to find that inner self, you need to devote more time, more of your physical time I say, to finding the true spirit within. You cannot achieve what is greatness, if you are not prepared to sacrifice a little of your daily living. So in answer to your question this time, I would say to you: As you look towards the stars and planets in your skies, look inwards to yourself and find that eternal flame which you are, because dear friend, you are brighter than the brightest star. You have to visualise this first. You understand?

Les: Yes that certainly has given us something to guide us with. The other question I would like to ask is: Presuming that we are trying to achieve this in our physical life here, are we helped in so doing, when we visit you at night, during our sleep?

You would be given instruction yes.

Les: So it would help if when we go to our sleep, we could concentrate for a few quiet moments before we do sleep, and ask for guidance when we come over to you?

If you ask, there are many who are waiting to help. You need the help from our side of course.

Les: So we can ask for that, knowledge that we are going to receive it, even though we may not remember that? (*Yes.*) Good and that would be of benefit in our physical attempts, to do what you have suggested?

In seeking help from those with higher knowledge shall I say, you are allowing yourself to open and for that knowledge to come forth and greater knowledge to be given in instruction and help.

Les: Thank you very much indeed. I must say and I'm sure my friends agree, that gives us more hope that we shall be able to achieve what you have suggested. We know we shall be helped in it.

Remember you are all individuals of course, but also remember that you are *spirit* and much is available to you, if only you will *throw off* the *confines* of this *physical body*. That is the problem with you humans, that however much knowledge you attain, you *still cling* to the knowledge that you have these *physical cloaks* which surround you and which some of you feel to be a *protective cloak*. Dear friends I tell you this, these protective cloaks are a *hindrance* not a help. Throw them from you when you can — when the opportunity comes, take it, take the help that is offered to you all, from those close to you from our world.

Les: Right we shall certainly do that.

***Seek and you will find*. Those words should *ring true* to many of you, they have been said many times on your Earth plane and I would like to reinforce them for you, by saying they are *true*, but you must be the *catalyst in seeking*. YOU must do it — we cannot do it for you.**

Les: No I think I can say, to use our modern expression, you have pointed us in the right direction. I don't think any would disagree, would they? (*General agreement*) So we thank you for what you have said.

I wish I could show you a mirror image of what you *truly* are. I *hope* that one day when I come to you that you will say to me, I understand your words now, at last I have attained what I needed to know. I know and understand myself as I truly am. (*Pause*) The day will come.

Les: Good. Without wishing to seem conceited, I believe I have been on the fringe of that understanding several times.

Dear friend, although you feel your knowledge is great, which to many within this room, your knowledge seems expansive, and to *them* it is. I would say to you this dear friend: You have grown much and that growth has happened in your latter years. I do not speak of knowledge that you have gained in earlier years. The knowledge that has come to you latterly has been an instigator of learning much more. You are now if I can put it to you this way — you are approaching a *gateway of knowledge* and *self-instruction*, which even you had not imagined. You are on the threshold of much knowledge and I say to you, that we are helping you forward in as many ways as we can, because part of what you have been sent here for, is to instruct others in the knowledge that you yourself have gained. And dear friend I say to you, you have worked *well*.

May that infinite energy which surrounds you all, encompass you as you go forward, in that search for ever-lasting life.

Les: Well it's going to be incredible when we do understand it. I thought I knew quite a lot now, by coming over to you, but obviously I know very little.

I do not say that to make you feel as if you know little, but to help you understand that there is much greater things ahead of you.

Les: Yes it's very nice of you to put it like that, I wasn't suggesting that you were criticising me in any way of course, but I just can't imagine the beauty that *is* there to be discovered, if what I already have experienced, is almost nothing.

It is but a *twinkling of the eye* what you have experienced. Wait until you see the full beauty of what lies ahead. You have much to give, much knowledge to impart and dear friend, much good advice, because sometimes we see too much eagerness to begin with and little *patience*. But that is something all you peoples on this planet Earth, seem to be afflicted with and I do not say those words unkindly, but when you know yourselves as you will eventually, then you will learn and understand, that *patience* is indeed what you term a *virtue*.

Les: Yes at the moment you're quite right, it is an affliction.

Now I will leave you this time and I will say to you, that you may find in the weeks ahead, that there may be changes as I use this instrument, because I am working closely now with her and we are making good progress.

Les: I'm very, very pleased to hear that, thank you. Just two quick things before you go. I spoke to you a little while ago about a certain person who was coming, **(Yes.)** she accepted the instructions quite cheerfully and is prepared to wait.

Yes it needs just a little time.

Les: Yes she's quite happy about it and the other one is that I would like to thank your colleagues — I'm sure you know about it, for the information my American friend was given, during her visit this weekend. It has made her feel she is still part of the group.

I have said previously, that once the connection is made, then we do not let go easily. You may stray, you may wander, but always you will return.

Les: She was really, really thrilled with what she got — quite unexpectedly too.

Yes, she has much she's got to offer herself, but we have to wait for that one also.

Les: Yes again it's a question of waiting, isn't it?

Yes but as I have told you, time is irrelevant to us, it always will happen, if not in this lifetime, then perhaps in other ways. Now I must leave you.

Les: Yes, sorry I detained you.

No — I leave you all and I hope you will think upon my words this time. I will try to help you in your quiet times, in trying to seek your true selves, but you really must give time to it.

(General thanks + farewells)

There then followed one through Sue:

Good evening to you. I have not been waiting to speak, I have been with this one and we have been working together and I speak to you now, only to say that we will be closing this meeting now. I would say just a few words before we all leave you to resume your earthly life this time. I am sure you are all aware that the power of Love is a great power.

Les: Yes we are sure.

Are you aware that when someone is surrounded by and giving out love, they and their surroundings — the area surrounding them, is lit as if by a thousand candles. Have you been told this?

Les: We have been told that we do radiate light and that it is very strongly seen in your world.

I have to say that there is so much illumination surrounding this one. We are preparing to utilise the light which exudes. You may say it is like a generator, is that the correct word?

Les: Yes that is correct.

I apologise, but it is not normal for me to use such words.

Les: We quite understand. But you're quite right your instrument is like a generator. And you're able to use that light, are you?

It is linking with ours — it is a chain of light, which eventually returns to the source. Each link is forged by love of incoming and outgoing.

Les: And I believe that light surrounds everybody here too, is that right, to a greater or lesser degree?

Of course, you cannot have love, whether it be spiritual or physical, without illumination. Each one here is a source of light and each one here, links with another and the light grows stronger. I do hope my words have been understandable to you.

Les: Yes perfectly clear thank you.

And you have gained a little knowledge, or if not gained knowledge, have heard again from another, how powerful love can be.

Les: Yes it does confirm what we have been told several times and it's very nice to have the confirmation.

We just wish to uplift you all and let you know how much good you are doing to yourselves and others.

Les: That's kind of you to let us know that, because we are I might say, more concerned that we should be able to do it for others, rather than wanting to do it for ourselves. We know that they can't be separated, but the prime motive is that we should work for others.

Now the Spirits here this time will take their leave. You are aware I'm sure, that there are many in this room, as I speak.

Les: Yes we are sure of that now and we're very grateful to them, for all the love and the power they bring to assist us.

There is much happiness here this time and we all take our leave of you with joy in our hearts. I say to you, walk on the paths you are treading now and your days will be fulfilled. I leave you to close in the normal fashion and say to you I will return, if you will allow me to do so.

Les: Please do, we shall be glad to welcome you again.

I hope to be able to talk to you in more detail, about the interlinking chains of love and light.
(General thanks and farewells)

~21st April 1997~

Salumet had told us he would not be speaking this week, but that there would be another of interest. The first communication came through Eileen:

(General greetings)

Good evening all. I come only to instruct you as to what we would wish this time.

Les: Thank you.

The little lady will be used this evening and in doing so, we would request some changes within the room please.

Les: Certainly.

Can we use the lady that you know as Lilian, to be placed at the right hand side of the instrument please? (General affirmations) I will remain with this one to offer help. You must allow a little time for the communicator to come to you and we would ask that each individual within the room, concentrate on the eternal flame of Light, to increase the power here, to help the little lady.

Les: Certainly.

We hope that she returns to you, without any problems. We are sure she will, but just in case, will you help her please?

Les: Yes of course, we shall bring her back very carefully and quietly.

We have to say to you how pleased we are, with how she has grown.

Les: I'm glad you are, because we certainly are.

Yes, she has much to offer and in this respect, we wish to use her more. So this evening is one of those opportunities in which to do so.

Les: Certainly, well we shall look forward to hearing what is to be heard through her.

It may be that at times I will interrupt if it is necessary, in order that we can sustain the power for her, but I will speak only if need be.

Les: I understand and thank you for your help and co-operation. We were told to expect someone else this evening and we haven't been courteous enough to welcome you yet — we do so now.

I thank you, but there is no need, I feel your welcome without your words. So I say to you, please let us carry on and please do all of you concentrate, it is a lesson for all of you, a lesson in concentration of your minds.

Les: We understand. Is the light in the room satisfactory?

We will leave it so, but if the communicator is uncomfortable, no doubt we will tell you.

Les: Right. Thank you.

The communicator then began through Sue:

After the usual welcomes and a few adjustments, we were taken on a guided meditation:

If you are ready, I would like to take you on a journey through one of the realms, from which I have travelled.

Les: We would be very interested in that and should be happy to journey with you.

May I just request that should the vocal chords begin to fail, then the lady seated beside the instrument, could place her hand upon the back of the person.

Lilian: Yes.

Les: Of course and is the light satisfactory for you, or would you like less?

At the present time, everything is conducive to my being here.

Les: Splendid.

Now, I ask you to imagine you are all clothed in a long robe, tied at the waste with a silver chord. ***Each one of you is dressed in the colour which you have been given previously, as the colour of your life. Are you aware of what I speak? (General agreement) So we begin our journey. You are barefoot, there is no need to have your feet covered. You are walking upon the softest and most delicate moss. Feel it going between your toes and feel the energy from it, travelling upwards through your limbs. Feel it as it reaches your solar plexus. Feel the energy as it travels upwards and rests around your face and head. Slowly move forwards — we are now passing through an arbour of trees, which are bending towards the centre, forming an arch, through which the love of the Creator, is dappling through, like sunlight playing on the waters of a lake. As you pass through these trees, reach out and touch the bark of them, either side of the pathway. Feel its softness and listen, as it speaks to you, as it speaks the age-old words of wisdom of the soil. We are now continuing forwards through these trees, into a meadow. The moss has now given way to lush green pasture. Feel it as it sweeps past your ankles. Feel it as it wraps itself around your feet, pulling you down into the Earth's surface. And now continue slowly. Ahead of you is a magnificent rose tree, larger and more abundant than ever you would see on this Earth that you dwell upon. I ask each one of you, to take a rose that is growing there, the rose of the colour of the robe you are wearing. Be very careful not to take a colour that does not belong to you. Look into the depths of the petals, listen to what it has to say to you, accept the love that it brings and let it flow through your fingertips, until it goes down into the Earth's surface and once more springs to life, as a separate rose tree. Look around you, can you not see them growing as I speak? Now, continue walking. Ahead of you, you should see a gateway. There are four steps leading upwards. I ask you to climb these steps and wait for me at the entrance — (Pause)***

And now we go through — each one of you I ask to stand before one of the windows that are on either side of the room in which you find yourself. You will know which window to go to, because the rose you have picked will be there in magnificent coloured glass — and go to it. There are enough windows for each one of you, regardless of whether you have the same colour rose held in your hand. Now, turn and face the window and look through the panes. Ahead of you, is a shining pathway. Step through your window and stand at the beginning of your life. Everything that has passed since you were first birthed on this Earth, can be seen in the first few feet of your path. I ask you to look beyond that — you should see a glowing light in the centre. Concentrate I say to you, concentrate each one of you, on the centre of that pinprick of light and watch as it slowly spreads outwards, until it becomes a glowing orb. Reach out your right hand and place it beneath the light. Let it wash over your fingers, until you feel you could lift it, as you would a ball and slowly raise your arm until it is above your head. Now slowly bring your hand down, so that the light may come over you like a cloak of starlight. Feel it, feel it as it tingles over your skin. Feel it, feel it as it becomes part of the robe which clothes your body and feel it, as it sinks past your feet and sinks back into the sacred soil and watch, as that light becomes a parallel pathway to the one already at your feet. My children, this is the pathway given to you, to follow all the days of your life and in the life to come. You will surely recognise it as your years pass. You may stumble, you may feel that you have gone on a diversion, but know in your heart that you will find it and continue in the direction it leads you. Put that pathway deep into your heart and remember its existence, when times are especially hard and decisions you have to make, seem never-ending. That pathway is the pathway of light and love and will lead you ultimately, to the end of your rainbow. Now, turn from it and walk back through your window. Now, lay your rose at the bottom of the glass. Stand and walk towards the doorway from whence you have come. Go down the steps and wait for me to arrive. Now we walk back to the rose bushes, which you should see have grown magnificently, in the time you have been gone. Take a rose of your colour from the new trees, and walk back beneath the trees of the dappling sunlight. Listen as the leaves give you their blessing; and onward until you feel the velvet moss between your toes. I ask you to reach down and push your hands into it, until they are covered up to your wrists. From this moss, you will

now have the strength to continue back into the earthly realms, from which I have just briefly taken you. Place your hands together, in supplication and offer your love to the magnificent Creator of all things that you have just seen and all things that are yet to be seen. Look at the Eternal Flame. Feel the power as it wraps itself and protects each one of you. And ask only that you may continue to do the will of that great one, whose name is different to you all.

I hope that the journey we have been on together this time, will remain in your hearts and minds, so that you may call upon it's memory in times of stress, in times of unhappiness or trouble and know deep, deep in your heart and soul, that there is a magnificent and overwhelming life yet to come.

Les: We thank you for what you have said and for where you have taken us and for the marvellous spiritually emotional journey you gave. I'm sure it will remain with all of us, as you have said.

It is a small token of love and gratitude, for the work done in the name of that great spiritual love which encompasses us all. I thank you for giving the opportunity to come and ask that because of the emotions in the room in which you sit, that you finish your time quietly and allow this instrument of peace, to return to you.

Les: Yes we shall do that.

I offer you the love of the spirit. May it enter your souls and reside there for all eternity. Until we meet again, farewell.

Les: I hope we shall meet again. Farewell to you my friend and God be with you at all times. Goodbye. Sue returned in the normal way and Les then returned to his chair expecting to close the meeting, when a control came through him quite unexpectedly:

I talk quietly my friends, not to disturb those who are still with us here. You can still hear me I trust? (General agreement) I come only to thank you for your silence and your patience during that journey, which though seemingly simple, took much time and effort to prepare for you. As was said, it was offered as a token of love for the work you do and for the work which all of us hope that you will continue to do in the future. You have had but a little glimpse of the magnificence of Creation that awaits your passing in the course of time. And that magnificence that was explained was only in what you would term the middle realms of existence. I cannot be more explicit in explanation, but I think you all know what that means. It is but a stepping stone to the true magnificence, the unimaginable magnificence of ultimate Creation. You have this to work towards — do not neglect it I beg of you. And now those who were instrumental in bringing power for the Master who spoke to you this time, are able to return without discomfort. So I bid you farewell and trust that your journey will remain always in your conscious mind. As was said to you, call upon it in times of pain, in times of distress, in times of doubt, in times of uncertainty; it is there for your strength, do not forget that.

George: Thank you, we appreciate your words and your message. (General agreement)

God be with you my friends, may life be good to you, but you have much better to look forward to, always remember. I bid you farewell now and again thank you for your quiet and your patience, God be with you all.

(General thanks + farewells)

Les commented that so many were gathered and helping during this evening and he joked that he felt like a little errand boy, after the two communications.

~28th April 1997~

Good evening. (General welcomes)

Before I speak with you this time, I would ask that you all devote one minute of your time, to ask for help and guidance for this your planet please. Can we join together this time?

Les: Certainly, will you lead us please, in your request and we will follow you.

Great Creative Force, from which we all come, we offer ourselves in the hope that we may be shown how to extend our love, our knowledge, to this the planet Earth. We ask that

wisdom may reign, in order that all of mankind be lifted once more, to the realm of GOOD. In this we ask your blessings and for that, may we offer ourselves, as vessels of LOVE.
And I thank you — I know you will be shown your individual pathways, to continue to spread love throughout this planet. I hope that you found the last time to be interesting for you all.

Les: We certainly did, it was a wonderful evening and we thank you for it.

I do not wish to speak on any particular topic this time, so I will say only if you have questions, I will try to answer them for you.

Les: Thank you, if as usual I may begin: The *little lady* as you call her on your right, has as you know given everybody here their life colours, as instructed by those in your realms. She herself has not been given her colours and we wonder whether you would be able to do that for her?

It is not something I would do normally, but for this one I will. I would say only this: That she was *impressed*, but was unable to gather the information given to her. There is no fault in that, so let me reassure this little one, that she is not excluded from such information. You of course all know that the colour and the individual given to you are spiritual colours and not the auric colours that surround the physical bodies.

Les: Yes we do.

Was that fully explained to you?

Les: Yes we do understand that thank you.

You understand that the colours which surround the physical body are ever-changing, but the colours that each one here was given, is their own spiritual colour, dependent upon their own spiritual growth. You understand?

Les: Yes we do.

So I say to the little one, because she is in a transitional period of her spiritual development, is not one colour, but it is pink, bordering upon the purple hues. You understand?

Les: Yes thank you.

This one has grown much in recent years of your time, therefore her spirit colour is also changing.

Les: Yes we understand that.

The one who is her spiritual mentor, goes by the name of Veronique. But she will I believe answer to English name of Veronica. It is entirely up to the lady, which name she uses.

Les: Thank you, there's an interesting aside there — before we began the meeting, I thought this might not be your province and I was asking if they wished to give her the colour, would they like to do it through me and I was getting pink, but I was not getting it strongly enough, so it stayed there —

Because of the transition, you would have been confused by seeing only one colour. It is a blend, which is in the change into the purple hues, as you would know them. I have to state dear friends, that these colours are given to you for your own understanding, belonging to the colour schemes upon your Earth. But in fact they would not be truly recognisable to you, when you are truly spirit, because they are more energy than colour. I do not wish to go further, because I believe you would not fully understand. So I hope she will take the name and the colour and know that we are here to help, in all ways possible.

Les: Yes I'm sure she'll understand and of course thank you very much for what you've said. The other question is one I've been asked by somebody to put to you: There is a fraternity, I can only call them that, who follow basically what you teach us, and it is known as the *Infinite Way*. I was asked to ask you — this sounds rather presumptuous, whether you know or know of a *Mr MacDonald Bain* in your realms. He was associated with the *Infinite Way* teachings, has written a number of books, was said to be an excellent healer and a very knowledgeable teacher. I read one of his chapters and I would have to disagree with quite a bit of it unfortunately. But I put the question, since I was asked to do so.

I dear friend have said I do not come to answer individual questions as such, I come to teach you on a greater scale. Let me say only this to you: There are many pathways to our world, there are many ways of teaching, under different names. It matters not what each group calls itself, it is not even so important what those teachings are. What matters most is that each individual, in whatever pathway they choose, *finds himself, FINDS HIMSELF*. I stress those words, because each individual upon this Earth,

upon this planet and in others, has to find their own way *home*. So if you are seeking my approval of what one individual has taught, of what they have shown whilst alive or in spirit, I will not comment upon this, because there are vast and varied peoples, ideas, thoughts, religions — I could not cover them all in one session with you. I therefore say to you, however great you think one of mankind has been, however great you may think another's teaching, they are after all, one individual who is part of a whole. That dear friend is where your religions in your world have fallen down, because they have revered single men, as if they were special Gods. You understand?

Les: Yes we do.

No one man has all knowledge. Each individual must find a pathway which is right for him. Remember my words, 'Judge not;' judge no other man and you will truly find yourself. Until mankind reaches this understanding, there will always be saviours, holy people, gods that men will revere, and you must push to one side all of these people, because although there are many great ones who come to help, they look not for adoration, nor do they seek publicity. Do you understand?

Les: Yes, I tried to explain that very thing to the person who wanted me to put the question.

Of course, if they so seek and desire, they can sit with an intermediary, a medium who may or may not give the information, but I would say it is not important.

Les: I would agree completely, I thought it was pointless, but I didn't want to upset the person, so I said I would ask.

I do not wish to seem frivolous in replying, but dear friends, there are so many more important things to discuss.

Les: Yes there are I quite agree.

And as you know, our time together is so limited, that I feel that my time spent with you, should be devoted to helping you all to grow, to enrich yourselves with knowledge and to bring to fruition, work that is meant to be. I hope you understand, I hope my answer is enough for the questioner and I hope that all of you, *all of you*, will think deeply upon my words and look into yourselves, for any knowledge or understanding that you need to bring to yourselves — your understanding of the teaching of others.

Les: Yes, I ask because he *is* trying to find himself, but I think he wanted to make sure he was on the right path.

If the words of the individual strike a note within his heart, then let him follow that pathway. He will know, he will have that innate knowledge, if it is the correct pathway for him or not. You all have it, *you all have it*.

Les: Yes, that is why we are all here, for your teaching, isn't it? We know this is our pathway.

That is correct and so it must apply to each individual. You must allow others to find their way back home, in whatever way. Do not say one has more knowledge than another, because how do you know?

Les: No you can't. I will pass your words on to him and I do thank you for it. If I hadn't known he was sincere, I wouldn't have asked even.

No, please always ask. I do not always promise to give you the replies that you seek, but I hope that I bring you much to think upon. And I hope that my words always will be truthful to you and if I do seem evasive at times, it is not meant to be so, but as I say, there are too many important issues for us to deal with.

Les: Of course. Do you wish to take more questions?

I will take one short one this time and then allow another to speak, whilst we continue with this meeting.

Les: Thank you. Has anybody a question they would like to ask Salumet?

Jack: Yes I have actually Salumet. Can you tell me — I seem to find myself very angry about a lot of things that seem to be a bit pointless. Basically about the way people behave to each other, to the animals, to the birds. It ends up in frustrated anger and doesn't actually get me anywhere and I'm sure the energy expended on this anger could be better directed. Could you advise me please?

Yes my son, might I suggest that you listen to the talk that I gave to you on the use of energy? (*use of energy has come up several times before, eg: 06/02/95 + 24/06/96*) In those words you will find that

anger is negative as far as energy goes; you are drawing it back to yourself. May I suggest that you speak with this one here, who leads you well — to listen to the words I have already spoken? Can you do that please?

Jack: I will do, thank you.

Your motive is good, but you must not allow it to turn to anger, because negative energy will turn inwards and you must not allow this to happen. Use it as positive energy, to send out loving thoughts for change. Can I ask you dear friend to do this for him?

Les: Yes of course I will.

We did speak quite a lot about energy and the way that it must be used.

Les: Yes you did and I will find what you said.

If still you are dissatisfied with the answer, then I would say to you, ask again and I will try to enlighten you further.

Jack: Thank you.

Now, I leave you this time, I feel your love and thank you for it. I say to you all, that soon I will give you because of your dedication, a little more knowledge of your previous times together, as a little light — how would you say, 'entertainment?' (Exclamations of delight) I know you all have pondered well and deeply, but I have to say to you, not very successfully. (Gentle laughter) I leave you with those words. (General thanks)

There then followed a much-loved one, who had visited us before, through Sue:

Les: Welcome to you and greetings from us all.

Moon Feather.

Les: I know Moon Feather, it's wonderful to have you here again. I was just about to say your name when you gave it. This is a very pleasant surprise.

Say only few words. This one is not ready for me this time, but I come soon, when we have been together and will speak at some length.

Les: We look forward to hearing you.

Need practice though. Come this time to say only that whilst you have been speaking to great Master, a silver chord has been placed around each of peoples here. (General thanks) Have heard of this before I know.

Les: Yes we have heard of it and we appreciate it again.

This chord has no beginning and no end. It surrounds you and holds inside spiritual Light.

Les: Thank you very, very much again.

Others not in this room also have silver chord. These peoples most spiritual peoples and are soon to join this group.

Les: Good, we're very pleased to hear that and we look forward to the knowledge that they will bring us.

Meeting now coming to close, White Feather would like to say closing words if you will permit?

Les: We shall be very pleased if he would do that.

Please to take your seat.

Les: Yes.

May you all keep running free in the Light of the Great Spirit of the skies. May the wind enrobe you, may the skies and the Earth be your blanket. Great Love can be felt in your very breath. Keep running freely and you will be forever blessed.

Then he spoke in his native tongue:

Highshcarventagan Eecarganstvah Eecarganstar Mongcarba Mongarva Moongarvah.

Until we meet again, I bid you farewell from Moon Feather.

Les: Thank you to you both from all of us. We thank you for the love you bring. Our love goes with you both. May the Great Spirit bless you always.

During our usual chatter after the meeting closed, the subject of anger was again referred to and Sallie expressed her sadness, to think that many beautiful lambs she sees in the fields each day, would probably

be slaughtered for food; she could not understand people doing this. Our unseen friends had as usual been listening, and one decided to join the conversation, via Leslie:'

May I please join this conversation of yours? (Enthusiastic agreement) You, my friends are falling into the common trap of looking at one side of a question only. It is not so important that it is wrong to express anger, what is important is what you should learn from that expression of that anger, and the strength you should achieve, through being able to curtail that anger, until the time comes, when you feel no need even to express it. You have heard it said before now, on more than one occasion, it is wise to learn the difference between emotion and compassion, have you not?

Jack: Yes.

You do not sound too certain about it, my friend?

Jack: Yes, yes I have been.

If you have anger at the things you know to be wrong and justifiably know to be wrong, you have not learned the lesson.

Jack: Right.

You should exercise compassion. Does your anger do any good, towards alleviating the suffering, which distresses you?

Jack: Well you see I've always felt that anger —

You do not answer the question please.

Jack: No it doesn't, no you are right.

Thank you. So it is pointless to express anger, even to consider anger, is it not?

Jack: It is —

It is a negative action, as was said to you earlier. Now, is that not sufficient my friend, for you to build upon?

Jack: Yes I think so.

When you feel anger entering your thoughts and perhaps clouding your judgement, as to certain activities — and I say that because you do not always know the reason behind the activities, which have caused you anger, do you? (No.) So I think it would not be unfair for me to say, you are jumping to conclusions, in allowing your anger to express itself. Is that not so?

Jack: It depends. I don't think so, because sometimes the actions are so clearly wrong, I don't think I'm jumping to conclusions.

My friend in what way are they so clearly wrong?

Jack: People starving, animals being tortured, all sorts of things. I don't think there's any justification for it.

Why not think there is justification?

Jack: I don't know.

Ahhh!

Jack: Because it doesn't feel right —

You have answered the question haven't you?

Jack: I believe I have yes.

You don't know?!

Jack: Still doesn't feel right though.

I'm not disputing that, but it is emotion and not compassion.

Jack: Correct yes.

So have we progressed do you think?

Jack: I believe so yes.

Splendid, splendid, do you think then, that you can control your anger, which serves no useful purpose?

Jack: I shall certainly try.

And rather look behind the activities, which distressed you, as I said and attempt to seek an answer as to why those things are happening — not achieve anger within yourself because they are happening. You understand?

Jack: I do absolutely yes.

Does that help you?

Jack: It does yes.

That is the reason I am here, not to criticise —

Jack: No absolutely —

— but so far as I am able within my limited powers to help in your problems.

Jack: No, it does help, certainly. It's something I've got to sort out myself, but it does help.

I am pleased — no, no, no, no, no — you do not have to sort it out for yourself. Here is the physical human arrogance once again. What do you think we are here for, but to help you?

Jack: That's true yes.

So if it's true, why not take advantage of it?

Jack: Okay, I'll do that.

And when you find it difficult to arrive at a conclusion or an opinion then call upon us. You have been given a name have you not? (Yes.) Then have you used it?

Jack: I have.

Then use it again, as many times as is necessary, for you to recover a sense of balance within yourself, which would affect your spiritual, as well as your physical outlook. Do you understand? (Yes.) You are becoming in some respects my friend, too — how shall I put this in your words — you are looking through only one doorway. You miss the others, which are open for investigation. Do you follow?

Jack: I do yes.

Good, good. And the lady who is distressed at the thought of suffering of lambs that she passes — again I suggest madam, look upon those scenes with compassion, not emotion. Do you follow? You become too emotionally involved in things, which you cannot control.

Sallie: I do try to be compassionate about it, but I also think that I can help influence.

Then certainly if you can influence, do so by all means. But still exercise compassion in your seeking to find the answers to things which distress you.

Sallie: Yes I will work harder at that.

And recognise I would suggest also please, that you can never attain or achieve more, than is within your physical ability to do. Do you understand? Things upon this Earth are sometimes designed, to test you in ways of which you have no knowledge. This of course you would not know.

Sallie: Yes, I will concentrate to be more compassionate, but I don't think it's just me who's influencing things, I find I get so much help from everywhere, that I'm not doing it on my own really. Perhaps I'm being a bit too ambitious?

You do try to do too much on your own — that is the problem. You have roads, which you see ahead of you mentally, and you would like to travel them and see a perfect world, would you not? (Yes.) All that you think should not be done, in your estimation, should not be done. You are if I may say with respect, and I say this in all kindness, a little intolerant of others, in things which are beyond your power to correct. Is that so?

Sallie: I think there's a tendency there, but I think I'm less intolerant than I used to be, I think I've improved.

This is possible — this is possible that you are, which is good to know that you are learning. But the intolerance still influences your outlook dear lady. Please try to correct that a little. I do not say this unkindly and your intolerance is not of harm to others, because it is contained within your own thinking. But nevertheless it is there and it is blocking to some extent, your spiritual progress.

Sallie: If one is intolerant and you work on it, so perhaps you are not openly intolerant and you try and contain it within yourself, because you realise you don't have the right to make the *judgement* — so therefore you try and hold your own intolerance in. What do I do with it then? How do I get rid of it?

Do not let it be created and you will not have to get rid of it. Is that not clear?

Sallie: Yes I think so, thank you.

Again we come back to compassion. If you think along the compassionate line, you will not create intolerance within your own thinking, because it cannot BE. And if it cannot BE, there is nothing to get rid

of, is there? (No.) It has been said many times so you all, for what you seek, look within yourselves. The answers are all there, if only you will think of yourselves as spiritual beings and not as physical representatives, do you follow? (General agreement) Thank you for permitting me to join. (General thanks) I trust it has been of some help? (General agreement) Now I am called back, I am told that you have your own lives to lead and I must not intrude further. (laughter + thanks)

God be with you my children, guide you and give you strength and do not forget that we ARE there to help. Always, always there to help.

Farewell my friends farewell. (General thanks)

~5TH May 1997~

This evening's first communication came through Sue, who explained a few changes this evening and that Salumet would be speaking later. She then spoke to our new member of the group:

You are most welcome my son.

Barry: Thank you very much. It is a pleasure to be here.

We have been working towards this day for some time. You would be unaware I feel, of those that have been with you, in recent days. But believe me you have been well protected and guided towards this time.

Barry: Thank you.

With the gentleman's permission, I would ask you a question.

Barry: Please ask.

Are you willing to join the people here, who so generously give their time and their Spirit, to do the work of further realms?

Barry: I would gladly do so.

Your path here has been arduous and at times, we have been unsure whether you would be willing to give yourself freely to this work. But in recent times, your spirit has shone out like a beacon of light and we knew, as we surely did, that we had not got it wrong. We know you have interests in working with our doctors and for that we are most humbly grateful. But there is other work, which we would like you to do, in conjunction with this. You are what you would call, in your words, a generator, do you understand my meaning.

Les: I think a spiritual generator.

Barry: Ah yes I would understand.

In terms that may be easier for you to understand, you are a source of energy, a source of energy which we wish to tap into, with your permission.

Barry: Please tap into the energy, but please may I ask that you would guard me against forces, which would misuse this?

Oh my son, the protection that surrounds you and each one here, I could only compare to a suit of armour, impenetrable, impenetrable only by people who are not required, but an open door to the spirits of Love and Light. Fear not, you are protected not only in this room, but wherever you are and wherever you are likely to go, both in this world and the next. Fear not my son, you can only do good, if your heart is open and your spirit is light and we know we have been observing you, that both these things, both these matters, are well taken care of.

Barry: With that assurance, I will follow your guidance and thank you very much.

Could you please take me to the lady next to this gentleman?

Les: Certainly.

My child, there is a bond of power between you and the gentleman. I ask whether you would be happy to work with him in spirit?

Joyce: Yes I would.

This meeting of spirits has taken some time to occur and we know that it is right and proper, but would do nothing, without your permission.

Joyce: Yes, I'm happy to give permission.

Can I say to you, the light that exudes from this room, is soon to be a hundred times more bright and will light the pathways of all who enter here. This is a special time and one I am privileged to be a part of as a messenger of the spiritual light and love.

Joyce: Thank you.

You will feel at first no outward change of power, but in time the differences will become apparent and you will know when you are working in conjunction with our gentleman friend. You are an old hand at this, we know. You have been assisting us over your years, with an open heart and we know we have chosen correctly, in asking you to do this. Peace, tranquillity and the spirit of Love go with you.

Joyce: Thank you very much.

And you my dear one, are you happy to agree for us to use your home, to bring much-needed spiritual guidance to others?

Les: Not only happy, but extremely happy that you would do it, we all are. And we thank you for deciding to do it here.

The work that we wish to do will become more apparent, as your weeks pass. We will instruct you, as to the progress being made and give examples of what is happening and to whom. The Master will speak at length sometimes and will instruct each one here, concerning what is happening in this room.

Les: Thank you very much indeed and we're very pleased to know it's going to be so much more powerful for everybody, not only in this room, but to be projected outside of this room.

This little lady will be used, as I believe has been said to you recently, in a deeper and more complex manner.

Les: Yes it has been said, and we shall be very happy to help her in any way we can.

And let me say, with the new power in your room, in the new gentleman and our dear lady, will be of importance to her progression.

Les: Good, that'll be very pleasant for both of them and for us to see it.

I ask please, that until we instruct you otherwise, from now on, could your light in the room, be a little lower, at each of your meetings?

Les: Yes of course.

We do not ask for total darkness, but I slightly dimmer light, would be of benefit.

Les: Yes I shall see to that.

I would like to take this last opportunity this time, to thank you, to thank you for giving yourselves to the power of light and the spirit of love. There is much to be done and with your help, we can now begin a new course.

Les: Good, yes we were told it would be happening and we're very, very pleased to be a part of it, all of us, thank you my friend.

I give to each one here, a token of our love, in the form of a glowing orb, the colour of their spirit, which has been told to them. These colours are to be of importance in the weeks to come. So I ask that they focus their minds, in quiet times, upon their spirit colour given and it will assist us, to open the channels more thoroughly. May I ask before I go, is each one here aware of their colour?

Les: Yes they will be so, if not, we can refresh their memory on that. I was going to ask each one of them that question.

That is good. And now I leave you for this time, but will return to speak again, at a later date.

Les: Thank you very much. We look forward to that, God be with you.

Please bring little lady back slowly.

Salumet then followed:

Good evening.

All: Good evening.

Les: Thank you again for being with us.

Although there has been absence of words, I have been with you.

Les: Yes I'm sure you have, thank you.

I would like to thank my forerunner who imparted to you, words of much need, in order that we can go forward.

Les: Good. Yes we certainly look forward to it.

I have been working well this time, with this instrument. I am happy to tell you, that I now have full control of the body and now we seek to master the stillness of her mind.

Les: Good, very, very pleased to hear that and I'm sure she will be.

She will be aware this time, of some difference at the beginning of our union. But dear friends, let me say this to you: Thank you once more for your love, your dedication and your great patience in what we are attempting to do here. Each one of you is important; I don't want any of you to doubt that for one second. Each one of you is used, for the purpose for which I come. (Pause) I do not intend to say much this time, but if you have questions, I will answer one.

Les: I do, but it's rather complex, I think it might be better if I left it for another meeting. It has a great bearing on what you teach us, but it's a complicated question.

So, let us ask next time, if you are agreeable, because much energy has been expended this time; all unseen by you, but dear friends, let me assure you, that your help has been much this time.

Les: Well, we are all looking forward to a *brilliant future*, as we would say in this world.

I would say too that your future is *ever-bright*, do not doubt this. But I understand that you mean brighter whilst on this Earth and of course you are right. (Thank you.) I would say only these words to you this time, because I know some pose the question: *Why do we constantly seek your assurance and your permission, for things that we request of you?* Because dear friends, we need to *have* your replies in order to continue our work, in the knowledge that each one of you, continues, continues to follow our ways, because all too often many peoples leave this work. So by constantly reaffirming your approval, we know that the work can continue unbroken. Do you understand?

Les: I do understand and I think I might say in all sincerity, I don't think I could *get rid of* any one of them, even if I wanted to. (laughter)

I think I too can say in all sincerity, that I too would be loathe to let them go.

Les: I think there's no fear of that at all.

So dear friends for this time I leave you, I leave you saying only this: Your patience will pay you in a manner which you cannot appreciate at this time; but what is to come, will repay you all a thousand fold. Each minute that you give to us, will be repaid in kind. (Power + voice fading)

May each one of you, be enfolded within the Love and Light of all that is Creative, throughout our worlds. May each one of you know that you are beacons of Love and Light. (General thanks + farewells)

There then followed a merry pair through Sue and Eileen simultaneously, to help bring them back and lighten the energies. (Roger 'the dodger' + Prissy 'knickers') Priscilla reaffirmed before leaving, that this had been an important meeting.

~12th May 1997~

Good evening.

All: Good evening.

My friend, I hope you have been aware of my presence with you.

Les: Yes indeed and thank you for the healing you have given me. I've spoken to you many times.

Fear not friend, it is but a *hiccup*, that must be expected in many years of your life.

Les: Yes that's quite true. But I'm fortunate that I do know I receive help from you all. It's a great blessing.

Now let me say that this meeting time, there is much power with us this time and so we must use what is available to us. So I will take your question please and then I will tell you what we will try to do this time.

There was then a brief chat about light levels in the room and music, before Les asked his question:

Les: It's rather complicated, so I'll make it as simple as I can. You brought to us once a lady, who had had a particularly unpleasant death. She spoke to us for some time, in order to clear her memory of the traumatic conditions she had suffered, which came back to her, when she came into our '*memory barrier*,' if I can put it that way. **(Yes.)** During the conversation, she said that that person, referring to the one whom she had been in the 1500's, when she had this unpleasant death, that person had returned in another form. It puzzled me that if she had returned in another form, she hadn't been able to clear her mind of the trauma, when she had returned at that time. Or was it that the facilities were not then available, as they are now, for that to be done?

No my friend, your thinking is just a little misguided. Let me say this to you: Remember there are many aspects to the soul, that there are many parts to the whole. When one aspect returns, it brings with it those memories closest to the time of existence, which it brings with it. It does not mean that the soul has not '*cleared*,' as you put it, those *conditions*, but only that returning to this dimensional time, that these memories come forth to the fore. So although the lady at the time said to you that she had returned, of course it was another aspect of the whole, of which she spoke.

Les: I wondered if it might be that, and my thinking was along the wrong lines. I was thinking in a physical sense again, of one being.

Yes, you have to dear friend, think of yourselves as more than one; if you are truly to understand yourselves, you have to know that like *Time*, you are many dimensions.

Les: This is difficult for us to understand.

You will never fully I do not think, but if I can help to clarify these things for you, then of course I will do so.

Les: Yes thank you, you have clarified it and again, I think it's one of those subjects which we have to accept, even though we don't understand.

Dear friend, you have to know that memory cannot be erased, it belongs to the same vibration of each lifetime and therefore is part of the whole. It is not erased, but it is shall we say, put into the correct *slot of time*. Do you understand?

Les: Well as I say, we accept it — I can't admit that we understand. I appreciate your question and how you put it, we can only think on it and try to let our minds accept the fact that it is so.

I cannot ask more of you and I know you will ponder it and at a future time, return with a new request for knowledge.

Les: One supplementary question I would like to ask, do those parts in any way interfere with each other in any way, during their existence?

They should not, but there are occasions when this can happen, but that is another topic for another time.

Les: Right, well thank you very much for your answer.

Are you happy with that?

Les: No! (*laughter*) But I do accept that under these conditions, that that's the best possible answer you can give me and therefore yes I am happy with it.

I am pleased to hear your laughter, because it indicates to me, that you are not too serious about these deep-thinking matters. You must keep your sense of humour, when you ponder these things, otherwise dear friends, you can become too confused and then you do not understand at all.

Les: Yes I would follow that because I think it could become an obsession.

Yes, so think *lightly* when you think *deeply*, do you understand?

Les: Yes we do and thank you for the advice.

Now, for this time if you will allow, I will stop speech and tell you what we will try to achieve this time.

Les: Thank you very much.

I hope that some of you at least, will feel that the energy within this room has manifested this time, to a much greater degree, before the end of your meeting. Whilst we continue with speech, I would wish to sit quietly and try to project to you, something which I hope will be visible to your physical eyes. Do not try too hard to look and see, but allow yourselves to be lifted if you can, to that higher sense of

knowledge and seeing, and we shall see at the end, what you have managed. I will try to help you all, as will those who stand close by you. And now dear friends, I will stop speaking now.

Les: Thank you very, very much. Our love goes with you, in case you don't speak to us again tonight. We'll see who's with the other lady — one of your colleagues I believe. Good evening to you, thank you for joining us.

Dialogue then began through Sue:

I wish you good evening.

Les: And greetings to you from us all.

I will not speak to you too loudly, because I do not wish to interfere with the vibrations in the room, but with your permission, I would like to continue from where we stopped last time, when another was here with this one.

Les: Yes please do.

I would like to continue with the teaching of our new and most revered friend. Whilst I am engaged in this, I would ask you to please take your ease and sit. We do not wish you to tire yourself.

Les: Yes I will and as you probably know your instrument's voice is being recorded, so we can listen to it quite effectively later on.

I would ask please for a little assistance in standing, and then I will ask you also to assist me to the seat, so that the lady suffers little or no discomfort.

Les: Yes of course.

I would like to stand before the gentleman please. You hear me sufficiently my son?

Barry: I can.

During the days that you have been away from this room, we have been to you in your sleep state. We are much pleased with the progress made and although you are probably at this time unaware, your responses to our questions have been most pleasing. We are attempting to bring to you in sleep, the pages of a book; a book of learning. At this time you will be unaware of reading the words written, but I say to you, they will be taken into your spiritual mind, where they will be stored and will be of great benefit, to the work you will be shortly undertaking in this room. Now that we have told you that we are visiting you in your subconscious, are you still happy for us to do that?

Barry: I am — I have found more peace just recently, within my mind.

We are well pleased. I would ask of you one thing, before you retire at night times. Please to look through your eyelids as they are closed, and concentrate on the colour of your spirit, which you have been given. Try to imagine it as a pinprick of light, the colour of your spirit and let it gradually expand before you, until it fills your vision. When you feel it can no longer enlarge itself, allow it to slowly shrink back, until it becomes a pinprick once more. Whilst this is occurring, you should find that your mind clears and opens the doorway for us to enter, as you take your repose. Do not force anything. If you feel you cannot see your colour, worry not, it will be taken care of. But it will be of great benefit to both your physical and your mental and spiritual self. We have great things in store for you my child and know that you will help us greatly, to achieve these things. Do you have anything you wish to ask?

Barry: No not at this stage. I will follow your instructions and just simply await guidance and thank you for placing this trust in me.

My son, we thank you for opening yourself and allowing us to use you, in a manner, which will be of benefit to so many. Please to place your hands upon the top of the lady's. Now sit quietly and concentrate on the rose of the colour of your spirit and see if you can see it grow, into a larger and more magnificent bush. Place your hands in your lap, feel the power coming up through your feet and upwards, until it wraps itself around you, like a golden cloak. Peace be with you my child. We will visit you and speak with you and read the written words with you. And then your work will really begin.

Barry: Thank you.

There will be no more speech this time. We will remain here and see what occurs.

Les: Right, thank you very much. God be with you and our love goes with you also.
(*The physical phenomenon mentioned earlier, was not successful on this occasion.*)

~19th May 1997~

No Salumet this time, but another very powerful control came through Eileen:

I have been instructed to tell you this time that the one who normally comes, will not this time.

Les: I see, thank you.

I ask that all of you be open to the energies surrounding you. I have been instructed to tell you, that you my friend, the leader of this group, (Yes.) would you please go around the group, place your hand upon each person's shoulder and allow them to feel the positive response to the energies available. There will be speech from one colleague, using the lady who sits here, but it will be short, because the energies being used this time are most important in our further work. Are you happy to continue in this vein this time?

Les: Of course, yes. Would you like me to start the work now?

Yes, if you would leave the communicator who will speak to last, it will give the power a chance to build. I ask only that each one here open their hearts, open their minds, open all to the Love energy surrounding each one. I am told that the one who normally comes to you, is in part with each one of you this time. And we do hope that we have positive responses from you all.

Les: Thank you. It'll be interesting to know what my colleagues feel.

I ask them not to fear, but to open themselves to love. In this way, there can be no harm come to them.

Les: Of course not.

We know that, but it is good to reiterate it from time to time.

Les: Oh we appreciate that you do. **(Yes.)** Thank you for the instructions, I'm going to start work now.

(Leslie began as instructed, which seemed to last most of the evening, until at the end, the one through him announced: 'It is done master.') Then the one through Eileen continued:

We thank you, now we will see the results of this time.

There was then a 10 minute interval, before another came through Sue:

We are completed, we are happy with results this time.

Les: Good, we're glad to know that.

We were concerned because there are people, who should be here this time, but this time my friends managed to achieve what was set out.

Les: That's very encouraging. Thank you for telling us.

We leave you now, to close as you normally do, but before you do your closing words, please to speak to each one here and ascertain that they are returned to this room.

Les: Yes of course I will.

Next time, we hope to bring to you someone who will be of interest and who will be working closely in this room, with the new partnership of energy. Do you understand my meaning here?

Les: Yes I do, we look forward to next week.

I now leave you with my blessings and say to you, much has been achieved and much more is going to be achieved here. This will be a seat of much learning and infinite power and wisdom.

Les: Thank you, I'm very, very happy to hear that.

This little one here, our dear friend, we are aware and will do what we can.

Les: Yes I'm sure you will, she will be very pleased to know that. *(General thanks)*

Les then went round each sitter and we recounted our feelings. He said his hands were absolutely boiling as he placed them on our shoulders. There were various feelings of peace, oneness, being a part of something bigger, sensations around the head. Sue spoke of seeing energy being 'knitted' together. She also mentioned that there was something missing. She compared the energy to skeins of wool, coming together as a pattern, being knitted together, becoming a great big blanket here. All the skeins were being pulled in and knitted together.

This seemed to trigger another through Eileen:

Would you mind if I finish off the evening for you all? (General enthusiasm) I want to speak to the wee lamb. She's quite right when she speaks about the wool knitting together. The bit that's missing will come when it's all finished. Right, we're very pleased with all of you here, a grand bunch of people and that's all I've come to say to you. (General thanks) So if you'd like to close the evening, I'll bid you all goodnight. (General thanks + farewells)

~26th May 1997~

No Salumet this time, but there were other communications, the first of which came through Sue:
May I speak?

Les: Good evening to you and welcome.

Before we speak to you this time, may I please ask of you two things? Please at your further meetings here, could we ask you please to no longer have the music used, if you would be so kind?

Les: Yes by all means, we haven't done the last time. But we will do without it each meeting now.

We will naturally advise you, if we wish you to restart with it.

Les: Yes of course, thank you.

And secondly, we would ask of you please, that the meetings here on this particular night, with the exception of your dear little one who has been absent for some time (Jo), with the exception only of her, we would ask you please, that until we advise you otherwise, we would ask that no others are to be included for the present.

Les: I quite understand.

I apologise if you feel we are taking a liberty in asking this, but it is of importance that the continuity that we have here now and the continuity that we have been waiting for, for so long, is not broken.

Les: Yes I do understand and it's not a liberty, I had come to that decision myself today actually, that nobody else would be invited or permitted to come, until we had permission from you.

In which case we are pleased that our thoughts were open to you and it has not come as a surprise, or a problem to you.

Les: No, it was quite a definite feeling I had this afternoon, with the exception of the little one, nobody else will be involved. So we're all in agreement on that.

She will return and will become part of the chain of 5. I say no more than that at this time, but there is an inter-linking chain of 5, which will be of great importance here. But please let me assure all our dear friends in the room that the part they will play, will also be of immense importance.

Les: Yes that I do understand too.

And now with your permission, I will leave this one and allow for one more to come, who wishes to speak to you this time. I thank you once more, for your understanding in the matters of which we have spoken and assure you that both requests are for a purpose and not lightly asked.

Les: Yes I do understand. You don't mess about, as we would say. There is always a reason for these things that I do know.

The next communicator followed through Sue:

I bring you greetings from our realms.

Les: And greetings to you, from all of us here.

Due to the absence of the one who normally occupies this space, we will not commence the work we anticipated starting, until she returns and 4 of the 5 are present. But if you are willing this time, I would like to take you on a path, which I hope will be of interest and give food for thought, at times when you are all away from here.

Les: Yes please do.

We were then taken on the following meditative journey:

Please to imagine that you are standing at the foot of a wide and brightly lit staircase. Remove any footwear you are wearing and be prepared to walk about these stairs. Step lightly upon the first stair and feel the energy creep through your body. Breathe deeply and prepare to ascend. As you walk up,

look to the side, to the right-hand side. Look over the stairwell, there are young children stood watching you. In their hands, they are holding a silver chord, which links them together. See how they smile at you and wish you well, on your journey upwards. Look ahead of you, you are reaching the top of this magnificent staircase. In front of you, are doorways, with golden handles and a shimmering light around their frame. There is a doorway for each one of you. One at a time, I would like you please, to put out your hands and touch the handle of the door and enter it. In front of you, you will see a volume bound in the softest and most perfect Swede, emblazoned on the front cover, you will see your names. Reach out and carefully lay your hand upon the softness of the skin. Feel the energy within and know that inside, is all of your lives, before and after this moment. Reach out and slowly lift the cover, it will automatically open at a page significant to your lives at this moment. Some of you will be able to read what is inscribed upon the vellum. Others of you will see nothing, but do not be disappointed or concerned, it is only that your psychic eye, is not yet developed enough to see the written word. Fear not, that which you cannot read, will be instilled upon your mind and it will be as if in sleep, you are reading the written word. From this page, you will get an insight into what is to come to you, in the future. Some of it will possibly not come as any surprise to you, but some will bring you great joy and amazement. In the corners of the page, you should see a magnificent illumination, of a rose. The colour which you should see will be that of your Spirit, the colour which now is well known to you. Watch carefully and you should see the 4 corner roses, expand and grow, until they are one large and truly magnificent bloom. Reach down and bury your face in its velvety and most wonderful petals. Take in the aroma, let it flow through you, as your blood surely flows through your veins at this time. Step back from the book, taking one last look at what is written for you, and know the truth and your lives to come. Gently return the book to its closed state and look and see how much brighter your name upon the front has become. See how the light from it, illuminates the room you find yourself in. See how the light from your name, joins and dances with the light from the window, which is immediately on your right-hand side. Turn and look through the window and you will see a silver pathway that was shown to you previously. Look, look to the end. What do you see? What you see is what you will be and what you will become. Fear not if all you see is a pathway with no end and nothing in sight. As with the written word, your psychic eye is undeveloped, you will be given an insight into what you should have seen, not necessarily in picture form, but it will be impressed upon you, so that at some very near stage, you can say, 'Ah yes, now I know what I should have seen, and what I should have read.' For those of you that can see your pathway and see what is at the end of it, I say to you, that is where your future lies and that is the way you must turn your footsteps and walk towards what you know to be right. Your minds may query, you may feel the information you have been given is wrong, but let me assure you and I say this in the strongest terms possible, what you see, what will be impressed upon you, is right. Now, turn from the window and look again, at the table before you. The book is no longer there, but in its place, is a scroll tied with the softest and most gentle material. You will see it is once again, in the colour of your Spirit. Reach out and pick up this vellum. It is yours to keep in mind and Spirit, through all eternity. What is written on the page, will be with you throughout all your life and into each plane of existence. You will take the written word with you. Guard it well, for it is your future. Now go towards the door, reach out your hand to the golden handle and open it and see before you, that most magnificent staircase, from which you have come. Slowly walk down the treads, taking care to step firmly upon each step of your pathway. Look this time to your left and once again you will see the children. See how they are smiling at you. They know where you have been and what you have been privileged to see and they are most happy for you. At the bottom of the stairs turn to face these children. Hold out your scroll and let them bind it with the chord, which is in each of their hands. And now bid them farewell, for your journey has come to a close, for this time. Replace any footwear you may have had, and I bid you farewell for this time.

Les: Thank you very much for what you have told us. We shall certainly memorise it to the best of our abilities. We say farewell to you and God bless you.

~2nd June 1997~

Good evening.

Les: Good evening to you. I apologise if I caused you any inconvenience.

Let me say my dear friend, thank you for your consideration, but let me say this to you: As we always are with you previously, we would be prepared for any unsuspecting light, so do not be too concerned if it be momentary. The problem arises with those who come to you, who are not fully prepared.

Les: I see, that's interesting to know, thank you for telling us.

So, thank you again for your consideration to us. Now I would say to you all: Again *thank you* for the love which I feel from you all. We are making much progress; I wish you to know this. I want you to know and understand that your thoughts and patience are being rewarded, if only but slowly in your time. But as I have said to you previously, TIME to us in our world is immaterial. But I say to you, we move forward quickly, in what we are trying to achieve.

Les: Good, it's certainly encouraging to us to know that.

This time my friend, if you will permit, I ask that we deviate a little from what we normally do. I know we do not have full attendance this time, but I would ask that each one of you speak with me, in order not that 'I' know, but those who join me, know how you feel and how you have grown spiritually since first I came to you.

Les: It's very pleasing to us to know that.

Are you my friends, prepared to individually speak openly to us? (*enthusiastic agreement*) I want you to tell us how you think you have grown. Can we begin with the gentleman please?

Les: With me? (*Yes.*) Yes, certainly. It is difficult to say. I know I *have* grown, there's no question about that, but it is difficult to state exactly how I know it. It is an awareness of something beyond me — the only word I can use is 'permeating' my *self* as an individual. And I find that I have a greater sense of understanding of what is to come, a greater feeling of compassion and a greater desire to grow still more, in the way in which it is desired that I shall grow.

In other words dear friend, you are coming to know your true self and all aspects of that self. (*Yes.*) Although your knowledge on this subject was to most people, what you would say 'extensive,' was in fact only touching the beginning of knowledge. And yes dear friend, you have grown much and you'll grow much, much more. We are happy for your awareness.

Les: Thank you very much. I look forward to the continued growth, because I feel — we haven't the language for it actually, it is an '*awareness,*' but I feel a tremendous awareness of the spirituality of those around me.

My dear friend, you are tuning in to the *cosmic consciousness*. That is why the awareness has grown.

Les: Good, it's been worth all the time, to have that feeling.

Now may we speak to the next one please?

Les: Sue?

Not that one yet. (*Sue was deep in trance*)

Les: Barry?

Barry: Good evening and thank you for the opportunity to speak to you.

We are happy to do so my son.

Barry: I have recently been aware that my inner eye has been opened to look within myself. And by doing this, I feel I'm finding much more peace within myself and I'm also aware of the probability of being able to work with you in the field of healing; for this I am very grateful. I know I've only just begun to be aware what is maybe to come. I am indeed grateful at last that I've been able to recognise this and to work with you. Thank you very much.

Yes, we thank you dear friend. We have waited for you and now that the time has come, we hope that that awareness goes deeper, that you find the knowledge which is innate within you. Thank you.

Barry: Thank you very much.

Les: Lilian?

Lilian: I'd like to say thank you for the teachings that you've brought with you. Yes, I am much more spiritually aware.

My dear child, we would like to know what you *feel*, what awareness has come to you. We know and accept your thanks; we feel it from all of you. But how do you *feel* that you have grown spiritually? What have you accomplished since our first meeting?

Lilian: It's very difficult to put into words.

But for your own growth, it would help if you could.

Lilian: I'm just very much more aware of Spirit, of things to come, forgetting about the physical side of life — or trying to.

That is what we wished to hear from you. We are pleased my friend, that at last you can acknowledge that fact, that you have found your spiritual level and that you can put aside the physical being so to say. (Yes.) Thank you.

Les: George?

George: Good evening and my heartfelt thanks. Yes I do find it difficult to describe my feelings. I feel a greater capacity to love. In a strange way I feel larger than my physical body, I hear more beauty in bird sound, I see more colour/beauty about me. I'm sure I'm more loving and I feel more open.

Yes. Are those words that you have spoken, are they not, I believe you would say, '*magical*' to your ears? To acknowledge that you feel greater than the physical being, that truly is finding yourself. And yes my dear friend, continue to feel and to love and to give love and you will continue on the correct spiritual pathway. Thank you.

George: Thank you.

Les: Sarah?

Sarah: Yes good evening. I feel I have grown, I don't feel I have grown as much as perhaps I could have done, if I'd put more time into it. I don't think I meditate long enough, however I do feel I'm much more tolerant of everything around me and when I find myself not being tolerant, I'm very aware that I should be perhaps doing better than I am doing. I do feel I appreciate everything around me, everything that I've been given, everything that I'm able to see and do.

Yes dear child, you are beginning to open yourself to the influences around you. You are inquisitive by nature, which at times may hold you back shall we say, but you are following your pathway, do not doubt it. You will take sure steps, whilst you continue within this working group. I wish to tell you that those close to you, although you feel your progress is slow, they want you to know that they are pleased and happy with you. Thank you.

Sarah: Thank you very much.

Les: Paul?

Paul: Hello. Yes I think I've become stronger as we've gone along and I've become more appreciative of myself and *my* qualities and those of people around me as well. It's all linked, so I can see more/empathise with people and I can detach myself from the world a bit more. I feel a lot happier about my path and where I'm going.

Yes, my dear friend, you have stumbled a few times, but in coming to know yourself, then of course you begin to know all others. You will continue to grow, you have been told that all of you here, have been put together for a purpose and although each individual here is at separate stages of their spiritual development, each one is important to the other. So my son be pleased with your progress. (Thank you.) You have the beauty of patience, which is sorely lacking in your World. But you dear friend, have an abundance of it. (Thank you.)

Les: Mark?

Mark: Good evening. Your teaching has certainly helped me to become really aware that a lot of growth and a lot more growth is necessary. I'm more aware of my feelings when they do go out of balance. I'm more aware of the workings of my mind — the bad/negative workings of it and I think I'm more aware of the need to sort of relax from things and also I think it's helped me meeting different kinds of people. I think I'm more aware of what avenues are open when talking to people.

Yes you are, my friend. You too are taking your pathway at a steady pace, but that is not a fault, because each step you take, is a sound and sure step, which will take you forward in your development and I would say to you, that it is good to hear you use the word of *love*, because that alone will bring you forward in your spiritual growth. I thank you for your words dear friend.

Now I would like to say to you this time, that you probably wonder why we needed to hear those words from your hearts. I of course know what is within you all, but this exercise this time, was for the benefit of those who stand close to you in your daily lives; those people who offer you help and understanding, who lift you, who cherish you, who wait one day to welcome you home. For those people, this *talking time* has done much for them as well as for your selves. For that I thank you all dear friends.

Les: Before you finish, if I might add one more phrase nobody has used, which I think is very pertinent to what has been said this evening and I believe we *all* would acknowledge that we have (*Les' voice changes momentarily*) *within ourselves* a far greater assurance of ourselves and of what we shall be.

And dear friend, what you ARE! You are coming to know, each one of you, what you truly are. You all are spiritual beings, who in this lifetime have gathered for much good. The awareness is coming to you all — you are learning the power of your thoughts, the power of your love and what we can achieve. My blessing dear friends, stays with each one of you. There is much to come, there is much knowledge ahead of you and there will be times when there will be light release. But remember that the ultimate aim is for you all to grow and for knowledge and teaching to come to you all, that you may be emissaries of the *Truth*, that to all peoples that you meet who have no knowledge, may you become their beacon of light, may you become the person that they find to utter their words of fear, unhappiness — *May you, each one of you, be channels of Love that the peoples of this Earth seek you out, for the knowledge and the Truth, which you have attained here.*

Dear friends, I leave you this time. I am happy with the words that have been uttered, I enfold you in my love and know that each day of your existence you will be protected.

Now dear friend, I will allow another to speak with you this time. I ask only that the instruments being used, be given the quietness of your time, when this meeting is finally ended.

Les: Certainly. Thank you very, very much for being with us and for what you have said tonight and for the encouragement you have given. God be with you.

There then followed one through Sue:

(General welcomes)

Little lady is not quite as large as myself and I need to be careful not to cause distress.

Les: Yes I do understand the difficulty you have in these cases. But it should become a little easier as you remain with the instrument.

I have been privileged in the past, to use both yourself and your dear lady who is now on our side.

Les: Is that so? Well we welcome you as an old friend. And thank you for telling us. Give me your hands, I believe I have to give you power, to make it easier for you to stay with the lady.

(Les then holds Sue's hands)

Thank you for that.

Les: Makes it a little easier for you.

Before I continue, I wish to say that this little lady was not omitted from previous conversations you have just had, her responses were done mentally and mentally we have replied. I know she will not be offended if I tell you that we have had to chastise her for her belief at what she knows to be correct.

Les: Mm yes, (*chuckle*) we have experienced that before.

Her growth has come through being more aware of the inner voice and has been told certain aspects of her life, but her physical mind, which naturally overrides the spiritual, sometimes sends out negative responses — 'This cannot be. How can this be? Show me, give me more evidence.'

But we have told her, as you would say in the physical language, we have told her in no uncertain terms, that what she has been shown on our side can only be correct.

Les: Yes I understand.

So we leave it with her to sort out.

Les: Yes, I'm sure she will.

With your kind permission, I would speak to each one, but cannot this time move around the room. I ask a boon of you, that your friends could come and stand before me.

Les: Yes certainly. I think you are strong enough now to stay without that. (*Les removes hands*)
I thank you for the energy which flows through this one.

Les: I shall still be with you quietly. Barry, would you like to start?

Can you kneel before me my son. At your last meeting you were given the opportunity to look into your book of life, am I correct? (Yes.) Tell me was the page before you blank? (Yes.) Here my friend we have another one who does not believe what they have been given. I do not dispute that your page was not visible to you. But answer me truthfully my son, in recent times, have you not been told a little of your future footsteps.

Barry: I have been told yes.

Then I say to you, your page is not blank. What you have been told, is what is written. When you have developed, you will be able to read the words; they will become clear in your mind. This, my son is in no way any kind of reprimand to you, it is just another link in the chain of evidence, which you all require.

Les: Thank you. Lilian?

You are not alone this time my child. There is one standing at your shoulder, looking down upon you and sending out more love than you could imagine. I ask of you the same question, was your page blank, or were you aware of something written upon its surface?

Lilian: No I wasn't aware of anything on the page.

I say to you, look to the children in your family. Listen to what they have to say to you and you will be able to recognise something that will become visible to you, when you open your mind and accept what is written is true. I say to you once again, look to the children. (Thank you.)

Les: George.

And you my son are you aware of the presence of the two that we have spoken about before?

George: I have opened myself, or attempted to open myself to the two writers and any others of the guild. There have been times when I have attempted this, perhaps there was a feeling there — I'm not really certain.

You doubt too much.

George: I didn't feel it to be doubt, but —

What you consider doubt in the physical and what we know to be doubt in the spiritual, are not the same. Now I ask of you, is your page empty also?

George: There were many words on the page. I somehow could not grasp what the words were saying — certainly words were there, but I could not grasp any meaning.

Good. Now consider you use the word 'words.' (Yes.) Change that in your vocabulary to 'writings,' and I think you will comprehend what it is I have been meaning. 'Writing' my son, writings on the page, writers — continue to open your channel and those who are with you constantly, can enter in and begin their work.

George: Yes thank you. I will certainly continue.

Les: Sarah.

I know you will forgive me and not take any offence when I say you are hurry, hurry, hurry, yes?

Sarah: Yes.

It will come — everything comes to those who wait. We ask you not to run before you can walk. Are you aware of that saying?

Sarah: I am yes.

Please do not consider this to be detrimental to you. We only say these things to all of you, for the good of your Spirit and the development of your soul. I ask also of you my friend, was your page visible to you? Was there anything there that you could comprehend?

Sarah: No I had a lot of difficulty that night. I didn't even see the book. So I think I had doubts about various things that evening and I rushed too much and I didn't get any feeling at all.

Do not be concerned. It was said to you that if your spiritual eye was not sufficiently developed, then what was written would at some time be given to you, whilst you were in repose and you would begin to understand what your life was to consist of. But I say to you, take time to open your channels, listen to the inner voice and you will be given the start of your journey. (Thank you.)

Les: Paul.

Paul: Hello.

Yes, this one can only be described as the opposite of our dear lady friend, who has just departed. You my son, do not hurry, hurry, hurry, do you? (No.) No, you take everything at a leisurely pace and I do not mean by that that you are in any way lazy. Mentally you dissect everything; question and query and reach your own conclusions do you not?

Paul: Yes, I seem to be able to detach more from things and find my own answers.

You have been given some answers to questions that you have mentally asked your guides and I say to you, that like our little lady here, you have said ‘No, how can that be, have you not?’

Paul: Um—

No matter, you will remember of what I speak. Again, this is no criticism this is an exercise in knowing that we know you. (Ah.) Tell me my son, was your page illuminated for you, or were there dark patches you could not decipher?

Paul: I couldn't decipher it. I got a bit lost at the beginning.

Everyone at some stage leaves the path. Sometimes it is more difficult to steer them back. You my son are treading purposely on the right path. I say to you, continue in the vein that you are now and the pages will become bright and you will know how your future will continue.

Paul: That's wonderful to know.

Les: Mark.

I say to you brother of your brother and son of your father, your pathways are linked in the past and in the future. You are individual, but you are also as one. Your enquiring mind may not be quite so open as your brother, but the similarities are there. I say to you as I have said to all the others, were you able to read anything in your book of life?

Mark: No I wasn't able to read anything.

You sound disappointed my son.

Mark: Well, it would be nice to read it.

Can I say to you, open yourself more, look around you both at work and at rest, see what surrounds you, listen to the inner voice that at present you are blocking somewhat and future events will unfold and you will surely be amazed. (Thank you.)

I hope that all your friends here do not consider my words to be harsh. But we want them all to start accepting. Questions and queries these are part of life and we do not ask that they stop their questions.

Les: No they certainly won't do that I can assure you.

But it is possible to block the truth if the mind continually fails to accept.

Les: Yes one has to accept I agree. Well thank you very, very much for all you've said and we shall all assert that assurance that I spoke about.

Before I leave you, we have four this time I ask that they be linked by the placing of hand upon hand. Please may I ask that you carefully pick up the right hand of our dear lady here and place it upon this one. And now the gentleman to place his hand and the lady to place her hand upon that of the gentleman, so there are four linked. Four of the chain of five, we are well pleased. And now I leave this one. She will need help from both the gentleman and the lady to return fully into this room.

Les: Yes we shall see to it, thank you very much.

Please to remove the lady's hand.

There then followed a merry/light-hearted one through Eileen called Joey, who helped to lighten the atmosphere and gave the quick message: ‘You don't have to be little angels, you've just got to be yourself and live your life like normal — ’

~16th June 1997~

No Salumet this week as Eileen was away, but there were other communications of interest, the first of which came through Les:

Good evening my friends.

All: Good evening.

This is a little unusual I know, but since our lady is not with us, we have of course to plan differently for work this time. The work will be done — we do not miss any opportunity as you know.

George: Yes.

And we would ask the two gentlemen of more years, they too I know will understand me, not the young man, but the two gentlemen with more years, to make sure please that they open their minds this time, to receive what we are able to give them. Can you understand my two friends?

George + Barry: Yes.

We do not promise, we only hope, but we shall do what we can to help your development, if you would do what is required of you, to keep open minds, is that clear?

George + Barry: Yes thank you.

God be with you my children.

(General thanks)

Les Then returned to talk with another communication through Sue, who gave the name Piahdah, giving advice for Barry concerning his healing work.

There then followed a rescue through Sarah. Another through Sue then asked Barry for any feelings/thoughts that he had, whilst healing, giving further advice for Barry. Thanks were given from both sides. We were told that they were most pleased with what had been achieved this evening.

~23rd June 1997~

Good evening everybody. (Spoken with something like a cheerful/warm Jamaican accent)

(General welcomes)

I hope you don't be upset at me coming to you. I know you were expecting somebody else.

Les: We were but we are quite happy to welcome you.

But I come to open this meeting for you this time.

Les: Thank you very much indeed. You've done this work before haven't you?

I have but I've been practising the language. I hope I'm being understood.

Les: You are being understood very clearly thank you.

I have to say to you this: This time there is communication with this group. There are so many around you at this time; I hope you are feeling them.

Les: Good, well we probably are, we are 'aware' of them yes.

I have to tell you that each one of you must open your hearts like a child, in order that you may be receptive to the thoughts that will be coming to you. Is this being understood?

Les: It is being understood, yes.

You understand I only pass on the message, I do not fully understand what I am telling you.

Les: Well what it means is we mustn't wonder what is happening or think about it, we must just accept what happens.

Yes I'm being told each one of you must open up; there is a child by each one of you.

Les: That's right.

You know? Yes, let them in and you will become receptive as they are. I am most happy to be amongst you.

Les: That's nice to hear. We're always happy to have anybody from your World, particularly when they are assisting in the work, as you are now.

Of course it is most important, of course, but I am always happy to step in when most needed, yes.

Les: You must have been practising our language for quite a time?

I have, I cannot tell you how long — it is most difficult. But as long as I'm being understood, I am happy.

Les: You certainly are and you've a very good vocabulary, if I may say so.

I'm told I try to sing the words instead of saying them, but that will come no doubt.

Les: No I wouldn't agree with that, you say them very clearly. You have a nice intonation with them your voice goes up and down, which is pleasing.

Oh I am pleased you are pleased, yes. Now I think we must speak about the work in hand this time. Yes, before we move on, we wish to tell this lady I am using, (Eileen) that she must ask for help also. She is rather inclined to refrain from asking for herself.

Les: Yes she gives so much to others, doesn't she?

Can you please pass this on to her?

Les: I certainly will and I shall be happy to do it.

Thank you. There, that has been done now what else am I needed to do? There is of course other communicators, who will speak to you further —

Les: But you're certainly doing a very good job of opening the meeting.

Has your hand been painful?

Les: Not really, a bit stiff, but not painful.

Yes, you must be careful, don't overdo it somebody's telling me.

Les: I won't. I was using some garden sheers and I'm not used to it.

Ah well, it's a good excuse isn't it, not to use them. (chuckle)

Les: That's right! Thank you, I'll use that as an excuse.

Yes, someone's a bit concerned that you don't overdo things. Yes, this is a happy group, is it not?

Les: Well we think so. We're all very happy together.

And I'm also being informed that at the next meeting there will be the interest of the group as you were in time gone. Does it make sense to you?

Les: Yes, we were told we would be given information on what we were in previous lives.

Oh well I'm being told next time will be the time.

Les: Splendid, we must make sure we're all here.

Now dear sir, I think I have completed my task.

Les: Well thank you very much from all of us and we shall always be happy to hear you again, if ever you can come.

I would be most pleased to return to you all. Remember always be as searching children.

Salumet then followed:

Good evening friends.

(General welcomes)

Before we continue with the work, have you been aware of a great lightness of spirit this week?

Les: I have has anybody else?

Mark: Yes I've certainly felt lighter than normal.

Margaret: More contented.

We are pleased to hear that; that has been the preparation for this evening's work. Those who have felt this lightening of spirit should this evening be amenable to thoughts that will be coming to them. Have the others not been aware please?

Sarah: I have been happy this week yes.

Yes of course, that is a lightness of spirit. What is happiness if it is not an expression of love?

Les: Yes it is. Now I'm very fortunate in that I live here and I know I have felt it all week.

Yes, you are surrounded by it dear sir. Good, we are pleased.

Les: Yes I certainly am very pleased because it's been a delightful feeling. I know at one stage both my ladies were with me quite strongly.

Yes I have to tell you they are close still to you, although they both have much work to do. But still they desire to return to watch over you at times and give help.

Les: Yes I do appreciate them doing it and it was one of the strongest feelings I've had with them. *(Yes.)* There was no question about it at all.

Not only are you as individuals becoming more aware, but the whole of the Earth planet is reaching a stage of awareness that has not been felt since its first birth.

Les: Yes that's quite true it is becoming more noticeable throughout the World.

It is indicative of cosmic change.

Les: It's certainly needed, isn't it?

Now you understand I believe that the purpose of this evening's work is experimental, as far as your work goes. So I will say to you, those of you who do not feel that feeling of love come to you, do not be disappointed; please do not be disappointed. But most of you this evening will have the awareness of thought travelling to you. You may have it in different ways, different feelings, pictures whatever — it matters not. What is important is that as a group, you are allowing yourselves to be open to that thought transference, you understand — that is what is important. It is not the end result, but that you allow yourself to be open to what can be given from afar.

Les: Yes in effect what we have to do is what we have been told a number of times, to consider ourselves as spiritual entities rather than physical human beings. *(Yes.)* And if we can do that and make a conscious effort to do that and mentally discard the physical I think it would help all of us.

You must become part of the *thought pattern*, if that is understandable to you.

Les: Yes it is.

That is what you must try to achieve, and we know that you can; that is why we are trying it this time. Now I must leave you. I thank you for your patience in listening to me.

Les: Thank you for coming to us.

And now I will let others speak if they so desire, but I think we are reaching the time, when we must sit quietly and see what comes. We will leave it in your hands, in order that you may direct each one.

Les: Certainly.

I wish you all good evening.

May that great force of Love be always with you.

(General thanks)

There then followed one briefly through Sue asking that one of the ladies be seated in the centre of the room, during a quiet period in order for one of the gentlemen (Barry) to do healing.

There then followed a rescue through Sarah. Les seemed to have clairvoyance as to the appropriate responses to deal with the rescue.

Everything is going badly for me.

Les: What makes you say that?

I am not sure. I can only remember that it was not good.

Les: It wasn't good. You don't remember then what happened?

I can only remember the end.

Les: What was the end? Tell me what you remember.

I remember they killed me.

Les: You were expecting that weren't you?

I was not ready.

Les: You weren't ready?

No.

Les: That doesn't alter the fact that you were expecting it, weren't you?

I was not expecting it, I was aware I was not liked but I was not expecting it. *(spoken crossly)*

Les: But it happened, didn't it? And now you want to get rid of that resentment. You can't do anything about it, it happened, your physical body was killed, but your soul still lives; that is the thing that has to concern you now. You know you are alive you're talking to me.

But I am not alive!

Les: Of course you are alive, how can you be speaking to me if you are not alive? I'm not dead, so I couldn't be conversing with you — It was only your physical body which was killed, your Spirit, your soul continues to live, that is indestructible and now you will have to accept the fact, that you always denied while you were on Earth, that there *is* another World, a continuity of life that is where you belong now my friend. So we must forget the physical, that old habit of the physical World that is no longer any concern of yours. You must now start living in the next World of spirit. Do you understand what I say to you? **(No.)** You don't? You mean you don't *want* to understand, because you've always denied it and you feel that your denial will make it so and that's ridiculous. You have to accept the fact that there is another World to which we all go when physical death occurs. Whether you like it or not that is a fact. So you'll have to come down off that high horse of yours and accept what you cannot change. The Universe is not going to alter because you think it should be different. Do you understand? Do you understand what I tell you?

I am trying to come to terms with what you are saying.

Les: Well it's easy enough to come to terms with it — just accept it. Your physical body died, your soul/spirit is released and it takes on another body, but without the disabilities, ready for the next World and now you have to atone in that World for all the harm you did to others, which resulted in your being killed. Do you understand that?

I think I know what you mean now.

Les: Yes, now that is your project for many years to come.

I will take heed of your words.

Les: I suggest you do. I'm not criticizing you; that's not my job, but it is my job to tell you that you do have a lot of amendments to make, a lot of atoning to do. Many are in need of help and you will be shown and instructed how you can help those who are in need and by so-doing, earn yourself a proper place in the next World. Is that clear?

I now see what you mean. I am —

Les: You are what? I'll put it in a nutshell for you: You have no rights, only *duties*. When you've earned those rights, they will be given to you. Until then you only have duties, to help others. Is that clear enough for you? You used to like straight speaking when you were on this Earth.

I like it now as well.

Les: Well you have it, so I hope it's of help to you.

I am going to take heed of your words.

You would be wise to do it. The sooner you can begin what you have to do, the sooner you'll be free of that task.

I will commence —

Les: I will let you go then. My friends will take you they will escort you to the place where you will receive instructions. I wish you well, it won't be easy, but it must be done. Goodbye to you. God bless you.

*Whilst this rescue was going on, another came through Sue taking the others on a meditative journey.
(difficult to hear on tape, whilst rescue was in progress)*

Eileen then began getting clairvoyance about a beautiful smiley flamenco dancer and the intricate hand/wrist movements involved. Another control followed through Eileen telling Les to go around the group asking each one what they were feeling.

Lillian felt heavy with the power which she described as cobwebs and Les called ectoplasm.

Jack felt similar sensations.

Sallie had earlier received visions of roses and now had physical sensations around fingers and it felt like someone was poking her in the ribs. She was asked to stand in the centre for 5 minutes to see what she could feel.

Paul felt lightness and feeling of openness/tenderness around tummy.

Sarah felt there was a lot of space in her head and energy in hands.

Mark felt warmth and comfort.

George felt arms and hands felt different/didn't belong to him + an impulse to rotate thumbs. He'd also had a childlike feeling earlier, recalling how he used to watch what shapes the flies made as they flew close to the ceiling.

Margaret felt much energy in hands.

Sue felt sensations similar to transfiguration.

Dawn felt warmth in hands.

Salumet then returned again:

Now what does the lady feel?

Sallie: It feels like they've got hold of my arms at the moment. (*giggles*) Like there's someone either side of my arms. It's not unpleasant —

There are many waiting to use this one.

Les: Are there?

Many, many, but *still* she is pushing them back. So this time we are prepared to catch her! (*chuckles*)

Les: She is still being naughty about it, is she?

Just a little.

Sallie: You can let go now if you like. (*more giggles*)

Yes, we will let her sit shall we? Yes, thank you.

Les: You can sit her on the floor if you like? We've done that before with some of our friends. (*chuckles*)

Let's not be too hasty, otherwise she may not return!

Sallie: I think I'd like to sit of a chair actually if that's alright! (*chuckles*)

Les: Well, thank you for that, you've heard what everybody said they were getting?

We are pleased. I hope that the people are too.

Les: Yes I think they are. The gentlemen particularly, felt his hands didn't belong to him — that's a good indication.

They belong to him, but also they belonged to us!

Les: Yes that's right and you're waiting to use them aren't you?

It is a slow process sometimes, but remember always that *time* means little to us. I feel that much has been accomplished. All those who are with me wish to say '*thank you,*' for your time, for your efforts in allowing us to come so close to you. We hope that your minds and your hearts have opened a little further this evening.

Les: Does everybody feel they have? (*General agreement*)

I would say before I leave you, that you will feel the benefit of this evening; that for the next few days of your time, there will be an upliftment for you all. (*General thanks*)

Les: And we're sorry if we're so difficult to work with — we do try!

No, please no apologies. We are honoured to come to you; we are ever grateful that you allow us to come so close. We wish sometimes that this could be easier for you, but in saying so, never is anything attained which is easy, that is of any good. I hope that you can agree with this and that you continue to strive and go forward.

Les: We do yes and we certainly will continue to strive and are very grateful to all those who come close to help and much appreciate their patience.

I have to leave you now, but someone is asking me to leave with you some flowers. I believe you call then blue Delphiniums.

Les: Beautiful — thank you. (*General thanks*)

I believe in doing so, that they are comparing you people as being tall, straight, seeking truth and beautiful. With that I leave you.

(*more deep thanks expressed*)

Les: We are very grateful for the flowers. I love Delphiniums personally — gorgeous blooms.

With that I leave you.

(*thanks + fond farewells*)

Finally another control came through Eileen conveying a message for Mark from his child in spirit: ***Forgive us for returning, but we have with us a very young child who wishes to make itself known and is saying 'Daddy.' I believe this child didn't reach full term in this life, but returned to us quickly.***

Les: Can the child tell us anybody in particular it would like to speak to?

Mark: Is it me?

The child I would say would seem to be about 18 months old in your time.

Les: That's about it, isn't it Mark? (Yes.) Would you like to come over here?

There was grieving for this child, it was much wanted.

Mark: Yes.

Yes, but the child never intended to be born into this life, you understand? (Yes.) This child is saying it's nothing that you or your partner has done, because the child feels the parents blame themselves in some way.

Mark: It is difficult to understand why these things happen. It's very nice of you to come and tell us this.

But do you know there will be another child, did you know? Yes there will be a boy child.

Mark: Yes that's right.

This child is saying yes and it is not too far away. This child is asking that you be happy.

Mark: Oh, thank you, yes I'll try.

Les: What name did you give the child Mark?

The child wants to be known by a name.

Mark: Right, we were thinking of Merlin.

Les: Well that's his name, think of him as Merlin.

Can I say this child, young as the child is, has been with you often, has tried to console you in your moments of doubt and grief, which sometimes you both still feel.

Mark: Thank you that's very nice of him.

But look forward, because you will have a son and this child is already looking forward to sending this knew child with some good advice. You may find this hard, to come from a child so young, but remember in Spirit this child is old and has much knowledge.

Les: Does the one with you answer to the name of Merlin, is he happy with that?

There is much happiness here, he will respond to that name if you so desire. He wishes that you speak with him because he has much Spirit, although he did not continue to live life with you here on this planet, he is still here. He loves you, he loves you and he wants you to tell his mother.

Mark: She'll be really over the moon about it, she'll —

He is constantly with this lady, constantly. There is so much love I cannot tell you, I cannot tell you, please speak with her.

Mark: Yes she'll be very happy to hear that.

Yes and that is why this child has decided to come to you now, because now is the time to put the grieving to one side. He is happy, he is growing, he is growing in knowledge, he loves you both and he is preparing another son for you.

Mark: Oh right, that's lovely we will try to speak to him more.

I am sure you will be aware of his presence. He is a beautiful child, a beautiful child.

Mark: Are there any particular times that he comes?

No he is around you often. You will be aware of him. He loves you so much, that is all I can say.

Mark: Maybe we'll meet him later on I expect, will we?

He will make himself close to you, especially when this other boy child comes into this World. He will be his constant companion. So you see, you have not lost a son, he is helping you to gain another. Feel his love.

Mark: I see, he's part of the family.

He always will be. He chose you as two special people for his short time. Do you understand?

Mark: Yes, I wish we could appreciate more what he's doing. I hope we will be able to appreciate it more. We couldn't understand what was happening. It's very nice of you to tell us.

But you must of course try to understand, not the physical, but the spiritual side of life.

Mark: Yes I'm sure that there's a lot of work that he's able to do from his position.

He is helping you now. He is helping you now. A beautiful soul, a beautiful soul, be proud of him.

Les: So think of him as being happy Mark, not grieve.

He is most happy — he is being cared for by so many. Do not be afraid for him, because he exudes happiness. He is indeed a child of the Spirit a beautiful, beautiful child. Now I hope that has brought a little comfort to you.

Mark: Yes it has, thank you very much.

Les: Thank you very much for bringing him and thank Merlin from all of us would you and tell him we all love him.

~30th June 1997~

Good evening. (General welcomes)

I am happy to be with you once more and I will not stay long, because there is one I bring to you, who comes to speak and give some light relief this time and to tell you a little of what you have all desired to know. Our time is of course, limited, so for these purposes, this time will be devoted to telling each one of you just a little, but I can promise you that the communicator will return and give you much more.

Les: Thank you very much indeed Salumet. And thank you for our last meeting too even though you weren't here — it was most interesting and enjoyable.

Did I not tell you dear friend that much was to come?

Les: You did.

Now I say to you all dear friends, continue with your life as it is now — continue to grow, continue to share your life with others and allow that expression of love to go forth into the ether of time. There will be this evening two speakers, one through this instrument (*Eileen*) and one through the lady here (*Sue*) Now dear friends, I hope at our next meeting, to bring you some more news of what is happening in your world and perhaps to discuss any questions you may have.

(General thanks and farewell)

A control then came through Eileen:

May I begin?

Les: Yes please do.

Thank you. I believe you have been expecting me.

Les: Yes we have. I believe you have some interesting information for us.

Well, interesting or not, I am here to give it to you. (chuckles)

Les: Right, well we look forward to having you.

Now from what I can gather, you have all been together in another time and you are anxious, so I am told, to learn a little more.

Les: That's right —

I am also told that the ladies within this group are a little surprised at finding themselves having been men, but I believe you have been told by the Higher One, that all lifetimes are female and male energies and most of you have been male energies in your time. So I say to the female people of this time: Do not find it so unusual, you will find as I speak to you that you may become aware of the time of which I speak. So shall we begin?

(enthusiastic responses)

Now as you know and I believe you have been told, that you all were monks in time gone by.

Les: That's right, we were told.

There are of course exceptions here. The lady and gentleman at the far end of the room (*Sallie and Jack*) were not exactly monks, but were closely in communication with the order. So also too, is the latest gentleman belonging to this group, (*Barry*) — he belonged to the nearby village and was much welcomed in our community. So shall we begin?

Les: Yes please.

I feel like I am telling a story. So let us begin at the one end of the room, shall we? Let us begin with you dear sir. (Les) You my friend were in charge of the wine. You were in charge of making the oak barrels and other fine woodwork. You also made the trenchers for the food. You also were responsible for the carts that the oxen pulled. If I may say so, you were rather dour in that time but very honest.

Les: That's something to be grateful for! *(laughter)*

But your responsibilities were great. After all, what can be more important than the wooden plates on which you find your supper? (Yes.) I have to tell you that at times, you omitted the salt space on the trenchers, much to the dismay of some of your colleagues. (chuckles)

Les: I could remember when I was told about it, that I used to get annoyed with one of my colleagues, because he always spilled his food down his front.

Exactly, because you see you took the trouble to make these trenchers, these wooden plates, so there was no reason for his food to spoil or spill over anywhere — that is where the annoyance came from. So perhaps you can relate to that. I have to say also that although you were fond of the oxen, you were rather irritated by them at times and sometimes had to spend some time in meditation and forgiveness, I should say.

Les: Yes, I can understand that, because they would have probably been too slow and plodding for me.

Before I move to the others, because of the time factor, I wish to tell you a little more general information that in a sense you were rather unusual, in that you were not a big abbey, but you were a commune closely knitted to a small village.

Les: That's most interesting, yes.

But you were fairly self-sufficient, but because of the close link with the village, you were supplied with goods and offerings from the people. You understand?

Les: Yes, thank you very much for that.

You all belonged to a commune situated in Myddle Wood, I believe — what you call the county of Shropshire, I'm being told. Now, let me move to the lady next to you. (Dawn) This lady was a helper; she was a helper in the garden. Now I will join her with the two gentlemen across the room, one known to you as Mark I believe and one known to you as George. These two were known as Brother Isaac and John. This lady was known as Paul. These three worked within the gardens. The lady in particular was most interested in the herbs. I have to tell you that this commune you belonged to, was in Tudor times, so the herb garden was a most important feature of your eating. The lady, or shall I say the gentlemen, was of all of you the most quiet, the most subdued, the most deep and in fact when he came to our world, realised he should not have belonged to the Order. He was unhappy; he should have lived in the outside world. You understand?

Dawn: Yes thank you.

He particularly loved one herb, and that was the plant of rosemary and I believe even to this day, the lady should be fond of this herb. Is that not so? (Yes.)

*You realise that names you were known by, were names given to you when you joined the Order. I have also to say to you as general knowledge that you lived longer than most people of that age, because you know I suppose, or do you, that in Tudor times, people were lucky to live longer than 35 of your years. But within this commune that you all belonged to, it was not unusual for you to live to 50 years and longer. I would say it was because of the food. There was no contamination of the water, because you were by a stream and used pure water for many of your needs. You also were not shall I say, 'drawn' to the new commodity of sugar, which became rife in this era and which people took to strongly and caused much decay within the body. The two gentlemen who also belonged and had their duties in the gardens, these two, although they worked closely, were in fact dissatisfied with the work that they were given and would have preferred to work inside and work with the wine — *(laughter)* So there was a little discord there, but of course you must remember, it never showed — So many harboured deep feelings which never showed themselves on this surface.*

Les: No that was forbidden, wasn't it? Thank you very much for sharing all that.

May we continue with the lady next? (Yes.) This one was known as Brother Joshua. (Lilian) Brother Joshua was — how shall we say, an ‘outsider’ to the community. He was from Swineherd Abbey in Lincolnshire, so he came to you hoping to become friends, but in fact always remained an outsider. You all found it difficult to accept him, because he came from an abbey of note, which was well known in times gone by, and he brought with him the vanity of that knowledge. Do you understand?

Les: Yes, that would not have endeared him to the others, would it?

No. So in being an outsider, he always felt alienated from the rest of you, although in saying so, he worked and was a dedicated helper. He helped to look after the writings in your books, which was necessary and I suppose you would in this day and age, you would call him a librarian. He also was responsible for using the goose quills for the writing, and he was rather pompous in the way that he displayed his skills.

Les: Thank you very much.

Lilian: Thank you. (chuckle)

Now then, I come to the lady and the gentleman next, who were not actually monks, (Sallie and Jack) but were good friends. They were travellers, who came to your commune into the village of Myddle and wanted to join the countryside. They actually came from the cities and found the country life more to their liking. At first you discouraged their association with you, until you learned that they could endear themselves to you, with the wicked ways of the banned outside world. (laughter) So you see you were not all so ‘good!’ So you enfolded them into your company and each one of you in your own time, extracted from them the wicked ways of the world at that time.

Les: I can see why they weren’t any problem! (laughter)

But they were two young brothers in their early twenties. They were joined together and remained so and actually found their place in the village of Myddle, until their death in their early thirties from the plague, which by then had spread to the countryside. But there is not much to tell you, they were good, honest lads who wanted to better themselves. Their names were Michael and Jeremiah.

Les: Most interesting for them. And now they are together again.

Of course, always the connection will return, you understand this, I believe you have been told this. (Yes.) Now we come to the next gentleman, the one you know as Paul and I'm sure you'll be surprised to know, that although it was not a great Abbey but rather a commune, he was the Abbot. I knew you would all be surprised! (laughter) But why should you? In this soul there has been much. He has brought much with him and although he seeks to learn in this lifetime, his innate knowledge of spiritual matters is great. Although he was your ‘leader,’ if I may use that word, which I don't really like but we will use it, he was fairly strict with you in a quiet way. His words were quiet, but his words were strong and to him the duty of keeping the commune together and in a happy state, was his task in life. He in actual fact lived to the ripe old age of 62 years old.

Les: That was really ancient, wasn’t it! (chuckles)

In that time yes, he was and he felt older by the time he came to us in Spirit. And I tell you in this time by your age standards he also will be old.

Les: Well Paul, we shan’t hold anything against you from the previous life. (laughter)

Now we come to the lady (Sarah), who is joined with the other lady (Margaret) and I have to tell you, I am glad to see them separated, because in that time there was much friction. If they could have been excommunicated from the church, (chuckles) they would have been, had we known what thoughts were going through their minds. And the trouble was you see, they worked in the kitchens, to try to feed you all, and being two men of so different personalities, one quiet and one exuberant, they were like cat and dog shall we say — that is a term which you use at this time. (chuckles)

Les: Yes you are right we would use that.

Each one would look at the other and the thoughts would pass between them and then they would have their penance and then they would continue with their work, like the good monks they were. There was one particular incident I think they might find amusing. You were Franciscan monks — I know you all know this. When in the kitchen, the hood of your garment was tied down by the chord at the back, for

safety purposes. The lady here who was known as Brother Matthew (Margaret), decided one day he would play a little trick on the other lady. And what did he do but fill the hood with cereal. (chuckles) Not only did he fill it with cereal, but then he suggested that the Brother put the hood on before he left the room. And what did our Brother Peter (Sarah) do but go to the Abbot and our dear Brother was in much trouble. (chuckles) So you see, these two are well seated apart in this lifetime. (more chuckles)

Les: We'll keep an eye on them!

So I hope you did not expect me to tell you that you were all saints, because you weren't! (laughter) You understand that even in these communities you were human beings after all.

Les: Yes, of course.

Now we come to the gentleman of the village. This one (Barrie), let me tell you, would have desired to have been amongst you, but he had wealth, he was a land owner in the village of Myddle. He owned much of the land around and therefore was a great asset to your community in supplying many goods that you would have been without, because although we laugh, you did struggle much in those days.

Les: Yes I expect so.

Food was scarce — you had two meals a day — just a little more general knowledge for you, your dinner was always at 11:00am and your supper would be at 6:00pm.

Les: Just two meals?

Yes, only two meals and of course the supper would be fairly sparse. But this gentleman, who would have I would say, made a very good monk, was excluded because of his wealth and his ownership of land. This excluded him from any placement within the church. Well, because of the order of poverty, he could not have been allowed to join, because he would not have willingly put aside his wealth. You understand?

Les: Yes we do.

So let me tell you a little of this man, who was known as Simon Whitecliff — that was your name in those times.

Barry: Thank you.

You owned much of the village of Myddle and you supplied oxen to these monks on many occasions. You supplied barriers, you supplied plants, you supplied food to make wines. You were indeed a good friend to them all and much loved and appreciated by them all. I cannot tell you more than that, except to say how much you were loved.

Les: That's nice for you Barry.

Barry: Yes, thank you very much.

Now, we come to the lady known to you as Sue, and this one shall I say, was the one who expressed anger most and spent many hours in penance and sorry for the quick words that she fired at most of you in many ways on many occasions. (chuckles) But to him, and he was known to you as Richard, he felt always that what he said to you all was for your own good. Whether he was right or not, he felt he was right.

Les: And we didn't always agree. (chuckles)

And you didn't always agree — of course you didn't. His task in your community was to make candles, also sometimes to help in the garden. You did swap your duties at times, but the duties I tell you of were mainly those that you did.

Les: The garden particularly was most important wasn't it? They needed to be self-sufficient.

Of course, you needed it, you needed it to survive.

The voice suddenly faded and a control through Sue said that much power had been used, which was why there was a sudden ending to the communication. We were asked whether we had been happy with the evening's information. We had indeed found it most interesting indeed and many commented on striking parallels which existed between their roles in the monastery and activities in this lifetime. For example, Les enjoyed making wine, even though he doesn't actually drink it, Lilian had worked in a local library for many years and George and Mark still very much enjoy growing veggies in the garden.

Finally there was a brief communication through Eileen from someone who we had helped as monks during that lifetime and wanted to express thanks that we had taken him in and given shelter to, during difficult times.

~7th July 1997~

Good evening. (General welcomes)

I would like to say this time, how happy I have been, to receive so much thanks from you all, since last time.

Les: That's the least we can do, it was a wonderful evening. We do thank your colleague for telling us. (Re: 30/06/97 past life information as monks)

I hope dear friends that it has brought to you, a little more understanding of yourselves. I almost said 'some light entertainment for you,' but of course that was not the purpose of the exercise. I hope that each one of you, has looked inward and to that little knowledge that you attained last time, in order that you can begin to see yourselves, as a whole being. Although in saying this, we know that you are many aspects of being and the insight that you gained last time, was but a small drop in the ocean. I hope dear friends, that in thinking upon what you learned that you now at last see why you have been brought together this time.

Les: Yes I think we do, and what interests us, is that in some of us there is a continuity of what we were doing, when we were here before. We have gravitated in some cases, to roughly the same work, that we were doing then. The gentlemen in the gardens are very interested in that once more. I have been very interested in woodwork and wine-making, in earlier years, which are the things you told me I used to do, while I was here before.

Let me say this to you: That of course some of you will retain those aspects of yourself, which would be necessary in this lifetime. But remember that you have chosen to bring these with you this time and always for a purpose —do not forget this. If those amongst you cannot associate anything in that past lifetime, do not be concerned, it means only that it was not necessary to bring it forward with you this time. Please remember what I have told you, that your lives, whether this one or others, always have been decided by the soul, you understand? (Yes.) So that is why some of you have retained many of those things, which you now recognise from previous times.

Les: That's interesting, thank you.

Now it has been sometime since I have allowed you to ask questions, so this time, shall we give some time to this matter?

Les: Yes please, I have two. You just mentioned again *one* aspect of our life. Is it possible for more than one aspect to inhabit this planet at any one time?

It is possible, but not the normal way of living. It is possible and there are those, mainly masters of their times, who can achieve such things, but I would say to you it is not the normal thing to be doing.

Therefore I would say to you now, allow one aspect of your being, to learn at any one time.

Les: I see, so it's just one aspect at one time. Now I am a little puzzled and I expect my friends are as to what constitutes an 'aspect' of life?

Now you are delving deeply my friend, are you not? An aspect of life is a part of the energy of the whole. You must remember that as beings you are *energy*, from the *Source* of all energy. In calling ourselves *energy*, you have to realise (*voice becomes stronger*) that these energies are not of earthly making, but are of spiritual make-up. In so-saying, it is possible that energy can divide itself, into many lives and many beings and that is what I mean by an 'aspect' of being.

Les: So following that through then, our aspects that presumably return time after time, over aeons of time, could be different aspects on each reoccurrence, is that so?

Of course and I would say, that is how it has to be. If you are to grow and to learn, then each aspect in its turn, must take its turn in earthly living, or in other planes of existence. When we speak of *learning*, you

have to think more fully, you have to allow yourself, your consciousness to expand beyond this planet.

Am I making myself clear for you?

Les: Yes and am I right in thinking, that for our ultimate progress, we have to come back as different aspects, in order to have the experience of that particular aspect — to teach us.

Of course, how else can you learn? If the one aspect of your soul was to continually return, how else would you become the whole, the whole energy pattern? Remember it is an energy pattern, which you are trying to make whole. It is a difficult topic to make you understand.

Les: I suppose it could be likened to a jigsaw puzzle.

Yes I would say that is a good comparison. What would be the point, of continually using one piece of the jigsaw? You would never complete it, would you?

Les: No, this is what puzzled me; thank you for the answer.

Remember also when we speak of *aspects*, there are many *aspects* within one aspect.

Les: Yes, so we go deeper and deeper, don't we?

So we go deeper and deeper and deeper.

Les: But from what you've said Salumet, it isn't necessary always, for every aspect, to be lived out on this planet, or a similar planet — some aspects can come into fruition, in the worlds to come — we can still be completing the jigsaw.

Let me remind you, that this universe that you belong to is already encompassed in the future. So already there are aspects of your soul, which are for '*learning*,' if I may use that word, without ever having trodden this pathway. Can you understand?

Les: Yes I can understand what you say, but how would we come to terms with that, how would we know that in the future?

You will only know, when you return to that whole, which comes at the returning *home*, of each lifetime. You have the bigger picture of what *is* and what is to be. And then and only then, will you fully understand what it is you need to do.

Les: Right, I will go a little further, if I may. When we finish our life here and go over to the next plane, that presumably is the end of one aspect?

Not necessarily.

Les: No? That aspect would go on in the next world?

Of course, you continue to learn, you continue to learn on our side of life, as much as you can, as much as you will allow that aspect of yourself to learn. Then I have told you, you come and you are helped and advised, in making the decision, of what you must do in time — what you call '*future*,' which already as I have said, is *there* already. We are speaking of much deep matters here my friend, but if I can help you to understand just a little, then so be it.

Les: Yes you are indeed. So that aspect that is indestructible from what you tell us, can continue its learning in a further phase of life in your worlds, (*Yes.*) and that could continue through your worlds, without the necessity of having to come back here to this planet, if we are learning properly?

If you will allow yourself that knowledge, if you will accept the guidance, which is available to you, and if it is part of what you term here on this planet, as your '*destiny*.' Remember there is much at play here, much more than you know or understand. But the soul that you are inhabiting, or rather the body which inhabits the soul this time, has much to learn, but the soul already has that innate knowledge, which takes it further.

Les: Yes I see, so it's not obligatory in each case, to come back to this Earth?

No, no — I have told you, that the decision must always lie with the soul and the soul is not a single unit as you know, but belongs to a *whole*. (*Yes.*) This is what many of you do not fully understand yet.

Les: No, I can accept that we don't.

But it becomes clear when you return *home* each time.

Les: Thank you, now if I may still continue to take the time, it's a completely different question: We are frequently asked to contribute charity money, for the sake of children abroad, who are suffering from various complaints — lack of water and a multitude of reasons for which they are not developing and are

dying very rapidly, as you no doubt know. Now, the problem is, if we contribute money to those charities, are we interfering with the life that has been chosen by those people, when they came here? **That my dear friend is a very good question —of course, I have told you in past times that each soul knows of what it comes to. Also I have told you, that you can deviate from that life pattern. We can speak of a multiplicity of reasons here. You cannot interfere, if the soul will not allow you to. Are we clear on this point, because it is important?**

Les: Yes, that is the base point, isn't it?

Of course — you, I would say in general, cannot do harm, if what you do is done with love — that is the basis of the point. Anything which comes from deep within, to try to help others, cannot be wrong, because after all dear friends, what are we, if we are not but the love energy? So I would say to you only this: If it is genuine help that you offer, do not concern yourself about interfering. If those people who accept the help, they know, they know in their souls, if that is what they should be doing. They would be the ones to answer when they return home. Do you understand?

Les: Yes I do. That makes it clear to me, because I've puzzled this for quite a long time.

It is a good question and I thank you for the opportunity of trying to explain it to you all.

Les: Yes I'd forgotten that the soul of the person there, to whom the money is given, is the final arbiter, **(Yes.)** into whether it accepts the help or not.

And when you speak of children, I know most of you tend to say — and I believe this is a phrase you most often use by you here on earth, 'that your heartstrings are tugged at.' And that can only be good, because in this happening, it brings forward the Love that you should be extending to all of mankind. I wish so, that these spontaneous gestures, happened a little more often, without the thoughts of whether you can afford to give or not, because when the mind, or shall we say the *thinking* of the *human brain*, comes into play, then that *spontaneous love* is lost.

Les: Yes I would agree completely with that.

So you see, you cannot do wrong, if you are giving with Love. The onus lies in the one who is receiving.

Les: Yes because though we presume that we are interfering, that particular soul may only have a limited period of suffering here, before it can gain health. **(Yes.)** But that suffering would have taught it something, no doubt.

My friends, again I say to you, you cannot see the wider scope of life, whilst in these bodies. You need to expand the consciousness within you all, if you are to begin to understand the workings of that *Great Creative Force*, to which we all belong.

Les: And to follow our own soul's instincts, without giving thought to it.

That is what I would advise you all, that after all, these instinctive feelings, come from that *pure love energy* and can only be for the good, not only to those you offer help, but in your own growth. It has to be good. But remember, it has to be a *loving spontaneous gesture*, if it is to remain pure. Do you understand?

Les: Yes of course, absolutely, that is essential I agree. Now I've taken enough time, anyone else a question?

George: Can I just extend that one a little. I think we've made a complication for ourselves, by creating in this country alone, over 23,000 registered charities; it's got very complicated. But I think you've answered this in saying that what one does, should come from the heart and from within.

Of course my friend, you after all are responsible for your own thinking, for your own actions, for what you make of your own lives. It is all too easy for you to say: 'If only this, if only that,' when what you should be saying is: 'If I, if I,' because in using the 'I', you are saying that all knowledge is within yourself. And you should — especially with the knowledge that you now all have attained, you should all know that the actions you take, whether they are genuine or not, you all have that innate knowledge. So do not say, 'If only, if only.' But there are so many words you could use, I say to you, in your hearts and in the spiritual part of your being, you *know* that what you do, is either '*right*' or '*wrong*' for you. I do not say it would be right or wrong for another being, but instinctively you should know and understand what is right for you. And dear friends, that applies to all areas of your lives.

Les: So we come back to what Jesus said, cast your bread upon the waters.

There are many sayings you can use, but I say to you simply: Extend your love to all mankind, and your footsteps will always be sure. Again, we return to the very fact that all of you are responsible for yourselves. It is a great responsibility, but one that each one of you must shoulder with love.

Les: Thank you very much — any other question?

Barry: In our world that we comprehend, energy is created by opposites. Would balancing those opposites in our physical form, enable us to create a much purer form of energy, which would become like a spirit, to therefore then lead the energy, rather than trying to push the energy along a certain path?

Yes, here we have a later member to our group and much already has been spoken about energy. When you speak of opposites, what you are speaking of my friend is of the same energy. We have had this conversation before, but I will explain it briefly to you. You are of course speaking of illness within the human frame, are you not? (Yes.) Yes, and the use of the energy of which you are made. I have explained to the others, that *all* energy comes from the *One Source*. So for you human beings, to remain healthy, the energy should be well-balanced, throughout the physical being, but it is governed by the mind, which belongs to the spirit. So you can make many theories in your lifetime, but what it comes down to, is the *misuse* of energy, which in turn creates illnesses and all other types of difficulties in your lives. What I would say to you dear friend: The most important thing you can do, before trying to help any other being, is to ensure that your own energies can become the purest that you can make them. And in doing this, you must attempt to create within your mind — which again belongs to the spirit — you must create that all-encompassing energy, called love. Can you see the connection?

Barry: I can, and thank you.

You are helped by these words?

Barry: Thank you, they have helped to clear the picture for me.

Les: Thank you — any other question?

Sarah: It seems a bit of a silly question now — I know the past, the present and the future is all one, but where did we come from in the beginning?

Les: There was no beginning.

Sarah: There was no beginning —

Yes, all has always been, always is and always will be — you cannot separate. It is most difficult I think this topic for you to understand. When I tell you that the future has happened, I think you become too amazed in your own thinking, to fully understand. (Yes.) I could sit here and tell you what future times will bring you, but what would be the point? Then dear friend, your question would arise, *I would be interfering then*; but it has already happened — past, present, future are *one*. You cannot separate, you cannot separate and I cannot give to you an answer, which you would logically understand. You are not capable just yet my dear friend — and in saying these words, I do not wish to demean you in any way, but your understanding as of now, you are not capable of the understanding.

Sarah: Thank you.

Les: Any more questions?

Sallie: Just to ask a little bit about the male and female that exists within all of us — male and female energies. I'm having a bit of a problem with my male energy and I'm a bit stuck with it at the moment and need a bit of help with it. I can't really explain it in any other way at the moment.

In what way are you confused dear friend? After all, in this lifetime, you are expressing the female energy of living. To be as a whole, as part of the whole, you have to experience many forms of the complete energy. And in many lifetimes, you come as either male or female energy. But sometimes as I have spoken of in the past, these energies are not quite pure and therefore we have situations, where energies are neither male nor female and are confused upon your earthly planet. I would say to you my dear friend, be not concerned about male or female energy; concentrate only on that energy, which you now express. After all, that is the energy which you should be *living up to*.

Sallie: That sounds very helpful, thank you.

If you need to interact with the male energy, do you not understand that is what draws man with woman — it is the attraction of the opposite energies, which need each other to survive. I am speaking on an earthly way of talking, but that is a simplistic way of saying, that the male and female energy belongs together. Whether you have expressed yourself in female energy or male energy, you will be attracted to the energy, which you need. Do you understand?

Sallie: Yes, yes I do.

Les: It might help our friend, if I were to comment on what you told us some time ago, that if we come over to you as male, we shall remain male, for aeons of time when we come over to you; similarly if we come as female.

You will remain with that energy, until such time as the realisation comes, that you do not belong to any gender, and that you are pure energy; both male and female. But of course, that does take much, much time. Always I have spoken to you in the past, of the attractions of the human beings, to be attracted to the energy, which they do not possess. We have spoken on this before. (Yes — see 29/01/96) It is the cause of much depravity in your world, where good and bad are attracted to each other, in the same way as male and female energy. But remember always, you all belong to the one pure energy. I hope you understand, because this is something that is not easy for your human minds.

Sallie: I suppose I'm using visualisation of having two energies within me, my male side and my feminine side —

Yes and you are confusing yourself my child.

Sallie: Probably, yes.

Yes, concentrate on the female energy which you are in this lifetime.

Sallie: That feels very comfortable, thank you.

Now, I will say to you, I have spoken enough to you this time and when next I come to you, I will speak a little. Perhaps it will help the lady to know, that we do know what the future holds and although that is not my mission, I am happy on one occasion, to tell you what is to come. (Much appreciation expressed + thanks)

Now dear friends, I leave you all, with my own love energy, which I know you will feel, and which you will take within your hearts, to hold dear, until we come together once more.

Les: Thank you very much indeed. Our love certainly goes with you; life would be very empty without you now. (General thanks + farewells)

~14th July 1997~

Good evening:

All: Good evening.

Are you well dear friend?

Les: Yes thank you, as well as I can be. I know I've been receiving a lot of help.

We are not a full presence this time, so I will leave what was intended this time.

Les: That's a pity — never mind, we quite understand.

You see, conditions are good this time and I would like the opportunity to work quietly with this one. There are other communicators ready for you, so for this time, if you wish, just one question, I will be happy to answer it for you.

Les: Thank you, has anybody a question they would like to ask?

George: Yes I have one. I wonder if it would be good to direct an answer to the population of the world, in respect to the hopes for humanity, over the coming years, through the period of change. Our reasonable hope might be to increase in our capacity to love, increase in our awareness — increase in knowledge.

Would you care to say something about our hopes in general, in the coming years?

Yes my friend. Why should you confine your hopes, your wishes, to the population of this planet? My wish for you would be, that you could become more aware, more universally aware, cosmically aware, rather than stay within the confines of the earthly population. You have within each one of you, the

ability to hope, desire and to receive all that is available to you. So if your hopes and desires are to include all of the population of the Earth, there is nothing that can stop you. Do you understand this my friend? (Yes.) All of you have the ability within, to reach out for ALL that is available. You see dear friends, you do so limit yourselves — you limit your abilities. You are after all, and again I do not ask forgiveness in repeating that you are spiritual beings and therefore you belong to much wider energies, than that within this planet. I hope you understand and that each one of you thinks about this a little more deeply than you have, up until this present moment in time.

George: Yes I follow — our spirituality goes beyond the planet.

Of course, do not confine yourselves my friends, you do yourselves an injustice. You have much to give. All of you are imbued with that love, love energy of which you come to give to others so freely, but which you should be using in a more expansive way. I hope you all understand my words.

Les: Yes we do. If I might add to that George, I began a long time ago, to try to train myself to think universally and not internationally. Unfortunately we often minimise the word universal and apply it to international. (Yes.) Our concept of universality is of the planet quite often, do you follow? We've got to regard it as universally being of the Universe. It's been a much misused word unfortunately.

I want you dear friends to be *children of the cosmos*, because that is what you are. I would wish that you can grow enough whilst we are together, to realise that what you are, and what you have been, is *spirit*, which has been confined to one planet in this lifetime. We have spoken much about this, but now the time is coming, when *all* of your population, *all peoples*, no matter what colour, what race, what religion — all will come to the realisation, that we belong to the much wider scheme of life, of living, of love, of that eternal energy to which we all *belong*. (General thanks) Now I say to you all my dear friends, each day you grow in strength, each day you grow in love, each day you come closer to knowing yourselves. In saying these words, I truly feel the love, which comes from each one of you. We have grown much my friends and we have much to do, but each time I speak to you, I take with me that element of your love, which is indeed eternal. I thank you once more for your patience, in listening to me. (General thanks)

Now I ask that I be given time with this one.

Les: Certainly, God be with you.

There then followed one through Sue:

(General welcomes)

How nice it is to be here with you. You recognise me this time?

Les: Yes I do indeed and we're very happy to have you here once more. Am I right in thinking you'd wish to speak with everybody individually?

Still as wise as ever dear friend — Yes, I would like to speak —

(This was organised and we approached individually, kneeling)

(Lilian) Blessings upon this one and all those of her house and family — spend some time in quiet thought, when you return to your home this time. Open up your channel and let someone in, who will help you. Remember you are never alone. Thank you, I wish you love and comfort.

Lilian: Thank you.

(Dawn) This one needs to spend more time in conversation. Too much left unsaid, which is causing slight friction here. Nothing serious, but more speech with another, can only benefit her and the people with her. Do not keep things inside yourself so much. Release them and your love channel will be much brighter. Blessings upon you my child; go in peace and love.

Dawn: Thank you.

(Jack) I am getting the name here, of Rebecca. This name will be of much importance in your life. Remember where you first heard the name and when the time comes, all will be apparent to you. Exercise your mind a little more; it will benefit the work we wish for you to do. Love goes with you.

Jack: Thank you.

(Sallie) This one must not keep torturing herself. Relax your thoughts a little more and you will find the answers to your questions have been there all the time. It is not necessary for you to be in what would

you say, 'the doldrums,' as much as perhaps you are. Your future shines brightly before you, keep treading your pathway and everything will fall into place. Blessings upon you and those who love you.

Sallie: Thank you.

(Paul) You are a much-travelled and happy soul, but do not burn yourself out. Take the time to meditate and let your inner voice guide you on the next steps of your life. Try to slow things down a little more and the benefit to you will become apparent. You come from a much-loved and close-knit family. Let them help you when it is required. Peace and love with you now and always.

Paul: Thank you.

(Mark) Do not keep looking backwards my son. It is not good for you to look over your shoulder at what has been. Look forward with open and clear heart and eyes and the benefit to your life will be great. Let someone who is close to you help you to see the benefit of my words. Bide your time and it will become apparent to you, what you are going to achieve. May light surround you and those close to you.

Mark: Thank you.

(Sarah) This one has taken heed of previous words and has stopped moving around quite so fast. We are delighted that our words have been accepted. You have an enormous heart, but do not stretch yourself too thinly; you need time to recuperate sometimes, from the hurly-burly of your existence. You have a child who will be a great comfort to you shortly. He is an old and venerable soul; we are taking great care of you both. You are surrounded by a wall of love; feel it and know it cannot be broken down.

Sarah: Thank you

(George) This one is a wise owl. Greatly read and learned in many aspects of human life. Give to others, the benefit of your knowledge. You are here at this time of life, to spread the word of the Spirit. Keep tight control of that mind of yours, it sometimes runs away a little fast. You are one of the family of which I spoke earlier. Look to each other, you will be of great help, to not only yourselves, but those whose lives touch yours. Go with our grateful thanks, for what we know you are about to do.

George: Thank you, thank you very much.

(Les) I thank you my old friend, for coming before me, but I would have been happy for you to have stayed in a little more comfort.

Les: That's kind of you, but I am only one with the others — there should be no priority, though I appreciate your help and concern.

I know that the others will not mind my saying, that there are a few spring chickens and you I know will not mind my saying, are a venerable gentleman. (chuckles)

Les: I thank you for the title.

We know what you do here and for others and this time, have no words other than praise and thanks to you. All I will say is 'slow it down.' You need to be razor sharp for this work, do you not? (Yes.) So keep yourself in the peak of fitness.

Les: I shall do my best to do that.

We are with you to help you reach this goal. (Thank you —) We come to you in mental state and I know you are aware of the presence of Spirit. (Yes —) In the time which is shortly to come, when we are expecting great work here, we will be visiting you on a more regular basis and hope to instil in your mind, some of the duties we hope you will undertake for us.

Les: I shall certainly be pleased to know of them and to do them for you.

Thank you for having been with us tonight, it's been delightful again and we do appreciate it.

There are others not present this time I believe.

Les: That's right there are three who are usually here, but who are not tonight.

I would speak to one lady and one gentleman next time; important work coming shortly. Each one needs to be given guidance before it starts.

Les: Thank you. Yes, I'm sure Salumet will let us know and agree with that.

So my friend, all being well, I will speak with you briefly at your next meeting, providing that the power source is available and strong. (General thanks + farewells)

~21st July 1997~

(General welcomes)

Good evening. Thank you once again — your love has helped to bring me to you. My dear friend, I have to say to you, that much is being taken from you, because of the increase in power, which we need to be using. Some of you since last we met have felt pressure upon your beings. Do not be concerned — we have been close to you, but the Earth energies at this moment of your time, are such that there surrounds you, some negativity. But it should not concern you, only in as much that in small ways, because of your sensitivities, you feel somehow, as if the weight of the world is upon you. I'm sure you can confirm this for each other. *(Four sitters confirmed this)* I would say that each one has in their own and different ways. But I would say to you dear friends, be pleased that you feel this way, because it *should*, it should confirm for you, how much you have grown in your own sensitivity to living. There is nothing you can do to change these conditions at this time, but I will say to you all, we are working well, we send much love to this planet, and soon these feelings of pressure will be lifted. Because you are human, you sometimes feel that when these pressures are upon you, that it is in some way connected to your own thinking — I say to you this dear friends: Not always — accept the feelings and allow them to dispel, as surely they do.

Les: I don't think any of us would object to it, now that we know those feelings are instrumental in helping with the work.

Only those who are sensitive to the energies of your planet will feel these pressures, at the times when the energies are rather depleted. At this time I do not wish to enter into any greater detail about this matter, only to assure you that all of you are doing so well, in your spiritual unfoldment.

Les: We're very happy to know that and thank you.

I would say to you, on our next meeting, I will speak to you about what is to come. We put it to one side last time, so I say to you at your next meeting, we will have a discussion on these matters, if you so desire.

Les: Yes we would like that, because we do have one concern coming into our mind right now. The house next door is going to be occupied by somebody else in due course and I'm hoping that it's not going to interfere with the work at all.

My dear friend, nothing will be allowed to interfere with the work that is being done within this *temple of light*. We would not have come to you, if it had not been the correct time. We will not allow anything to interrupt the course of events, which is to take place within these four walls.

Les: Thank you very much, that does comfort us all, because I know we were concerned, we had discussed it and I perhaps shouldn't have asked the question, because it implies doubt of what you've told us — one of my human failings came to the fore and I knew you wouldn't mind my asking for confirmation.

Of course not, did I not tell you, that it would be sorted out — the problems which arose? I have to say to you dear friends, once more your impatience is forgivable.

Les: Thank you very much. Yes you did say it would be sorted out, and we remembered that and spoke about it. But as I said, being human we do ask these things, and thank you for the answer — it's comforting.

Yes — do not concern yourselves about it, but let us continue to be positive in our thinking. After all, have I not told you, that the *power of your thinking* is all-enfolding, when it comes to changing your world?

Les: Yes, we are using that power of thought.

Not only in your world, but your own lives. Now if we have questions this time, I am happy to answer them for you.

Les: Does anybody have a question? *(pause)*

Dear friend let me say this: If I invoke within you thoughts and questions, even if you do not ask me, the fact that it creates discussion amongst you, can only be good. Would you not agree?

Les: Yes we do, but it puzzles me sometimes that we all discuss these things, but don't ask questions of you, when we have the chance.

Again I say it is forgivable. After all, you are so often like small children, you have many questions at the wrong time.

Les: That's true.

Sarah: I did have one question, I was interested to know that when we pass over, how much can we see of what's going on, on the Earth plane? I understand that those that have gone over, they see them as energy, as lights. **(Yes.)** Can they see objects, for example a carpenter who's made a beautiful cabinet, can he still see somebody admiring it?

You have to understand that in using your word 'seeing,' it does not apply in the same way as you use it here. I would rather you use the term, 'you have full awareness.' After all, take your dream state — you are not actually 'seeing,' are you, as you would say, 'in the flesh,' but all that you see is positive. (Yes.) Yes, in a sense, it is a feeling, an awareness and not the vision of the physical eyes. After all, when you come to our world, you have disrobed from this physical garment, you no longer have the physical seeing. Do you understand?

Sarah: Yes I do yes.

So although you 'see,' your awareness is greater, it is a spiritual seeing. That is what enables you to know and understand what continues on this earthly plane.

Sarah: Thank you.

Les: I know many people in the past have asked me: 'If they can be seen by those who've gone over, what happens at times at times when it would be embarrassing for them to be seen?' And I've explained that there is a blockage, a memory or vision blockage if I can put it that way, which would not allow interference with anything which could be embarrassing, to that one on Earth.

Sallie: May I ask a question please? **(Yes.)** It's to do with fear and it's to do with trying to get to the stage, where you can relinquish the ego and, if you like, go into some sort of form of surrender to the Universe, to the *higher spirit*, to the connection. And it's the fear of actual total surrender of the ego and also to do with — it keeps coming back — you think you've got rid of it for a while, and it comes back again — **Yes, I understand what you are asking. You dear child, have brought with you to this lifetime, many fears, many past fears. But when you speak of connection to your higher self, it is inevitable, because after all you are human, that that fear is imminent. To relinquish that being that you have come to know and to love — it is not unusual that you should feel fear. But after all, let me say only this to you: All of you relinquish that fear in your sleep state and you do connect to your higher selves, as you call it, each time you close your eyes in sleep. So I would say to you this: Continue, continue to try, and fear should dissipate. It will, I can tell you, but like all aspects of your living, it is a matter of continuing to try. Fear belongs to you as a human being. I am sure if I spoke individually to each person within the room, they would say they have fear of one thing or another.**

Les: Yes, I've no doubt you're right.

But never be afraid to let go, because you see, once the connection is made with us in our side of life, you will be protected my child. No harm could come to you and if you would use the power of your mind to tell yourself this, then you would find, that the fear would gradually go. Do you understand?

Sallie: Yes I think I do. It's a habitual thing I think, that one's brought with you and it just takes a lot of work sometimes. **(Yes.)** Thank you.

Les: And I suppose one can say positive thinking is necessary again, because I've been through all that for many years Sallie, having fear of this and that and the other and wondering if this or that — like asking the question about next door. **(Yes.)** I should not have asked it, but I had to ask from a human point of view. **It is the human element, which holds onto fear. Your higher self knows no fear and will try to help, but remember whilst you inhabit these physical 'coats' that you possess, always the human side of you will win; it will and I know many of you would doubt this, but please do not doubt this, after all, you are endowed with free thinking and you do have that power, to use it. And we cannot interfere with that thinking, whilst you inhabit these human coats. Do you understand? (General agreement)**

Les: I think sometimes it could be classified as 'worry' rather than fear; wouldn't you agree generally? We worry about things, which need not cause worry.

I do believe the fear the lady feels, is that she has, or would lose the power of *control*. That is what the basic fear is, that no longer would you be in control of your own destiny. Please think about these words and you will come to the realisation, that it is that which you most fear, because you do I know, want to connect to the very highest that you can. It is within you and you can do it, but you must achieve it by yourself, you understand?

Sallie: Yes I do.

I will try to help you, but I cannot interfere.

Sallie: Thank you.

George: I think a modern fear, is the fear of embarrassment, of losing one's train of thought, mid conversation, which is why I so admire actors and actresses on stage.

I understand your comment dear friend, but I am sure if you spoke to those people, they would tell you that before they enter their roles, they are, some of them, *crippled by fear*. After all, acting as you know it is *role-playing*. It is not the true individual showing themselves.

Les: If I might add to that George, sometime ago I read an article about several very well-known actors and each said that before a performance, they were literally petrified and they used to ask heaven for help, in assisting them to go on and do what they do.

If only you could see more deeply, you would know that many in *our* life, in this side of life, are ready to help those who ask for help, to relinquish their fear. We have many who have been what you term actors and actresses and I am sure many of you have heard stories about past people seen within your houses of plays.

Les: Yes, you're right.

So you see, I would say only this to conclude on this subject: That you must allow that inner being to come to the fore, if you are to let go of any fears. You all have them — do not be ashamed of fear. After all, if you did not feel fear, how could you know what the opposite would feel like? Remember that your lives always are positive and negative. If you could come to the realisation that all of your life is almost like parallel pathways of positive and negative feelings, then you will begin to grasp that life is pushing you in the correct directions. So accept your fears, but do not hold onto them. Allow them to be and then let go. Do you understand my friends?

Les: Yes, we must just tell ourselves not to be silly.

George: It's very reassuring.

Well, I would not call you, how you say 'silly.' (chuckle) But, be more positive in your thinking. Again I say to you: The *power of your thoughts*, are the most powerful thing you will ever have. It can achieve all for you, if only you would use it.

Les: Yes, we don't doubt you for one minute. I think the problem lies in our not accepting it fully, (*Yes.*) that it is so powerful.

Yes, and once that realisation comes, there is nothing, *nothing, nothing* that you could not achieve.

Les: And we must all practice more fully. Any more questions, if not I have one.

Sarah: I have a quick one. Going back to dreams, you said we become aware that things are quite real, although we can't see them, they seem very real. Are in fact our dreams things that are happening to us while we're dreaming, or are they, is it just our minds, working over the day's events?

We have my dear friend, discussed this on previous conversations. But I will say to you quickly, that both apply. Of course your mind, your *physical thinking*, as your scientists will tell you, is confirmation of the thoughts that lie within your *subconscious mind*. But of course, in the dream state, there are those areas of your dreaming, which are real, what I would term is *reality* and you would term '*dream state*.'

Sarah: Thank you.

But we have spoken on this before.

Les: Yes thank you, Debbie asked the same question, some time ago.

Sarah: Oh I'm sorry. Thank you anyway very much.

Les: Anymore? (*pause*) I'm going to ask one of you Salumet — I can understand if you'd prefer not to answer, but I ask it, because of our very great love for you. Again it's a human failing that makes me ask, but you've told us that you have never walked upon this Earth. **(Yes.)** Are you able to give us a little more information on that, where you did live, or where you do exist, if we are capable of understanding it? It's not idle curiosity.

I know dear friend and I accept the question. When first I came to you, I told you that I was a conglomeration of beings. That statement still stands. We have to go into deep matters here, to try to explain to you. When I say I have never trodden this earthly path, that is true, I have not inhabited human form, as you know it. I — and you may find this difficult to accept, I have and always have been, part of energy, which comes together for the good of, shall we say, the cosmos. I have not trodden in any kind of human form, but when I accepted this task, as many have — and by saying that, I do not mean that others have not taken human form, because they have. I come to you only as a *voice*. I will explain a little more at another time. But I say to you, you must only accept me as a voice through this instrument, because that is all the energy that I can be to you. It is a deep subject, but I will try to tell you a little more.

Les: Thank you we look forward to that, because I'm sure all of us have tried to imagine you as a personality and you now give us something else to think about, in trying to imagine you just as energy, pure and simple; or not simple, but pure energy. That's very intriguing and does give us a lot to think about.

You have to also remember that energy is malleable. Here it can be used in many aspects of this work. But as you know, for means of communication, we still at this moment in time need what you call *instruments*, in order that the energy be *voiced*. But I will, I say to you I will try to explain and I have to emphasise '*try*,' because I do believe you are not yet ready for that explanation.

Les: No, we will accept your verdict on that, but at the same time, we shall look forward, to an explanation, if you consider we are ready for it. **(Yes.)** because it's fascinating to us **(Yes.)** and it does confirm — not that I wanted confirmation, but it reiterates something that was said at one of our other meetings, by somebody that said that he worked — I say '*he*,' if I may use that expression — he worked on 32 different planets, and my natural question was, '*How do you cope with all the different forms and languages?*' His reply was, '*You humans do amuse us. I am energy!*'

Yes, you also my dear friends are energy. But you are energy so dense, so dense, that you need these human forms, to be able to use the energy, at this stage of your development. Do you begin to understand?

Les: Yes, it may amuse you, but I have a very real mental picture — I think somebody's giving it to me, of a pot of thick porridge, which is us! I had to pass that onto you, it was so clear. (*chuckles*) So now we know what we look like to our friends.

Yes, I do believe the comparison is quite good. You have so much to learn, but in saying that, I do not want to denigrate the effort that you put into your learning.

Les: No, well we were told that in development, we are at the bottom of the pile, so anything we can do to begin to get out of it, we shall be happy to do.

Although your knowledge is not great, you — I have to say this to you: It is such a wonderful feeling of love that we get from you, because of your little knowledge and your simplicity. It makes me feel *almost* as if I have your human feeling, of *tears*, when I think of you all trying so hard to understand the knowledge that I bring to you.

Les: That's very, very kind of you and it leads us then to put another question: That energy can have feelings then?

Not in the sense that you mean. When you return to *pure energy* — and again, we have many stages of development, before that can be achieved. After all, none of us are infallible in any way — none of us. So all of us are seeking to return to the *purest energy* from which we came. Again we are going into deep subjects.

Les: Yes and the one word is predominant through all this, isn't it, that is *Love*.

That is the purest energy that you can have. It is what sustains you, it is what uplifts you in your daily lives, it is what makes you grow, it is the all-encompassing energy, it is *Life*. And with those words my dear friends, I will leave you now. I thank you for your patience in listening to me and I say to you, that you will feel a little more uplifted in your daily lives, before we meet again.

Les: Thank you very much indeed — thank you for all the love you bring. God be with you.

There followed one through Eileen, with a message for Lilian, to say that she should be painting, because she has much talent/gifts with hands. There was also a child around her gifted in this way, who needed to be encouraged in painting too:

— You'll find as you grow older, that you'll find much peace from it. (painting) So please do accept, because those who come to tell me this love you very much. And your grandmother is often around you. Because you see, the artistic side comes from her, although she never had the opportunity. Well, she's smiling at me now, so I'll leave you with it. Oh yes and I have to just say something to a gentleman before I leave you. Yes a gentleman's been told before, that he's got a son coming to him. Yes, look towards the next of your years, to see the fruition of this.

Mark: Thanks very much that's great, yes I was thinking about that.

Yes, he's coming to you. Right I think I've said enough — goodnight. (General thanks)

~28th July 1997~

Good evening. (General greetings)

Les: We thank you for being with us once more. We certainly look forward to your company.

And I do yours, my dear friends.

Les: Thank you.

I would like to speak with you this time, as I promised to do, to give you a little more foresight into the future of this planet.

Les: Yes you did and we have been hoping that you would be able to.

When first I came to you, I told you that many in my world had gathered in order that this planet be saved from human self-destruction.

Les: Yes and I have been asking that you should all be helped in that.

I do not retract those words. Much has been spoken in your world, of devastation, and I have to say to you, it *will not happen* to the degree that you can imagine of.

Les: That's comforting for us to know.

But I will tell you that this planet *will* continue in its evolution, and in so doing, there will be for many of your years to come, *natural disasters*, but we would not consider them to be *all* manmade, you understand?

Les: Yes, it's difficult to say which disaster is because of man's stupidity, or whether it's the natural evolution of the planet.

Yes, always remember in your thinking, that the planet has a plan of its own. I do not always think that you humans fully understand the workings of your own planet.

Les: I'm sure we wouldn't have understood that it is in effect, it's keeper of its own destiny.

Of course I have explained a little, that *all* has already happened, you understand? (Yes.) So what I tell you now is what is to come, what *has been foreseen*, if you prefer to use that term, but I would prefer to say, it is the planet Earth's own evolution. Let me speak a little about one problem in your world, which concerns most people. In this I speak of the illness that you name, as I believe '*Aids*.' I feel that your earthly planet, has at this moment in time, become a little complacent, but I will tell you dear friend, you have not seen, you have not seen this disease at its height yet. It will spread to all parts of your world, but what I want to tell you is that there will be a cure; but not before it has reached all corners of your world. The cure will come, I am sure you will be most interested in work that is being done, on what you call '*outer space*.' It will come.

Les: From outer space?

From work that is being done, in connection with this.

Les: I can only say that we are very grateful to whoever or whatever energy is doing that work, because it does sound from what you say, that the population on this planet, is going to be considerably decimated. **Yes and I have to tell you, that there will be devastation, in many areas of your planet, but I do not want you to feel, that this is what so many of you call, *nuclear devastation*; a lot of it *will* be the evolution of your planet — it would have happened without the knowledge of *nuclear matters*, you understand?**

Les: Yes we do, thank you for the information.

There are areas in your world — and I do have to say, not within any of your lifetimes here, I speak of many years to come, because I have told you, that within the next thousand years, there *WILL BE A CHANGE*, in the way of thinking of mankind — there will be a spiritual brotherhood of man. So for that to happen, there has to be many changes; I am sure you can reason with this and accept that fact.

Les: Yes, I was going to ask if we would be right in presuming, that the devastation to come, will be the trigger for the moral regeneration?

Yes, yes, there will come and I will tell you not to make you afraid, but to enlighten you to many aspects of life upon this planet, that there will be a *nuclear accident*, but it will not extinguish this planet.

Les: Is that so? **(Yes.)** A nuclear accident outside the scope of this planet?

No, within the planet, but it will not have the repercussions that mankind expects, you understand?

Les: I see, yes thank you that does make it clear.

I know so many of you human beings live in fear of this disaster — it will not happen, IT WILL NOT HAPPEN.

Now, if I may return to what I said previously about space. I want you to know dear friends, and we have spoken briefly, that in your next century, there will be space people come to this Earth and will make themselves known to *all*. The time is coming and it is not too far distant in your time.

Les: I'm sorry we shan't be here to see it perhaps, except from your world.

It has been building, in the last 200 years of your Earth time that these communicators are interested in your living, in your way of life, in human beings in general. There is much dispute I know in your world, about these matters. But you cannot deny that there exists other life forms, many, many life forms and the time is nigh, when there will be one particular race, of what you call '*aliens*,' who will present themselves to the world, who will stagger you with their knowledge and their spirituality.

Les: We can only hope that whoever is alive in those years is going to be sensible enough to welcome them properly.

They will be welcomed dear friend. It is coming that your political spheres throughout your world — they have been influenced for many years. We have spoken that they have been denying the knowledge, but the time must come, when all will come together and it will be accepted. This is your destiny that this life form must come to you.

Les: Well, thank you very much for telling us that, because I'm sure we've all hoped for many years, that these aliens as they are called and we don't really look upon them as that, we look upon them as *forthcoming friends*, who would be welcomed in a charitable way, rather than the methods which have been used to alienate them and deny them.

There will always be fear, but once your political leaders accept, then the common people will also accept.

Les: Good. I think the common people are ready to accept them now. They are well aware that a lot has been hidden and denied.

I want to go now onto your world religions. I would like to tell you also, that you enter into a new century, that some of your most powerful church leaders will fall. I speak in particular of one religion which has held power over many for too long and that is the one ruled by the papal institution.

Les: Well, we shouldn't say we're glad to hear that. **(No.)** But, well of course, it's difficult to say, but we would be glad to hear it in one sense, but sorry for them, in another.

Of course you must keep your hearts open, but you must also realise that all peoples must be free to know and gather their own thinking. There is coming new religions, mainly in the countries that you

term Middle Eastern countries, where much discord, much strife to this day, still continues. There will continue for much time, discord in these lands. But also there, the time is coming when a new religion will show itself. I have to tell you also, that the nation that you know as the *Arab people* will pay for their injustices; they will reap their own rewards, for the harm they have caused, throughout those countries.

Les: Yes I'm sure they will, because the law is the law, as you have told us. **(Yes.)** But I'm particularly pleased and we all are I know, to hear that people will be freed, from the dogmatic shackles that have been holding them.

It has already happened. We have seen, have we not, the freedom of the peoples who have been bound by communism? It is only a name, but it is that people have been held back in being allowed to know themselves, to know their inner God, to know that they have freedom to search for what they truly believe.

Les: Good. So it would seem that the work that all of you have gathered to do, *is* going to come to fruition. **We have much happening and it *will* help, it will help. I don't say to you it is easy, it is not, it is not, but also what we do is our destiny. Always remember that whatever happens *should be*. There is nothing that happens, that is outside the laws of that *Divine Power*, which we all belong to. All is *natural*, even all of your disasters, but I wish that you could look on your planet, with more open eyes, with more understanding and I think you would find, that your understanding would grow.**

Les: Yes, I think it certainly will now, after what you've told us. We can begin to really help, in our thoughts for them, those who are going to have to relinquish their ideas and hope that it will happen before too many years have passed, for the sake of those on this planet.

There is much to come for this planet. It is still in its growing stages. But mankind is coming to the realisation that *he* has some power, he has the power of his *mind*, he has the power of his *love*, that he must allow himself to be open to all men, to all situations, to be open to those *cosmic forces* which surround your planet. Once you can strive to achieve these things, there would be no fear in your world.

Les: I can understand what you mean.

I encompass you all now dear friends, I hope you can feel the peace, which I place around each one of you. I trust that your hearts can be opened a little more, to this great work, that you are trying to achieve and that all of us who come to help you, will in time look back and say, that what we have achieved, is *Love*, with *Love* and within the *Love* of that *Great Power*.

Les: I'm sure we shall open our hearts more, with the help you and your colleagues constantly give us. **What I want to leave you with, is the knowledge that this planet *will* go forward, will complete its evolution. It will not be destroyed by man. When the time comes that it must extinguish itself, and this we have spoken of dear friends, it will be a natural thing. You understand?**

Les: We do and again we thank you for the information. It does enable us to realise that we still have to work more deliberately, towards the awareness of spirituality. It is not going to be cut short, by a sudden planetary destruction.

I want you to fully understand that it is so natural, what you are working towards. Do not feel that any destruction, famine, wars, loss of life are not known of. You have to look to the wider scope of life, to fully understand what mankind, is doing to himself. And to know that some of these, what you term 'catastrophes,' are not *catastrophes* in the sense you understand, but are what you call your earthly *fate*. Do you understand?

Les: Yes I think we do, does everybody understand that? *(General agreement)* Thank you for the explanation.

So continue with your love, with your openness, and you certainly can help those others who are lost in the darkness in your world.

Les: I shall certainly keep trying.

Now I leave you with my love, blessing and I will continue to work with this instrument this time.

Les: Right. Before you go, there's just one thing I would like to say, at the last meeting, you asked me how I was and I made rather a foolish reply, when I said, '*As well as I can be.*' Because that would indicate that

I'm ignoring all you've taught about *positive thinking*. It was a silly remark and I want to withdraw it, because I do think positively every day of your teaching, and that I could be better.

Yes, I — you have no need to retract dear friend, because I do know what is in your hearts. But as I come to you, to use your human words, it is natural that I should enquire of you.

Les: Yes, I appreciate the fact that you do.

But you well know and understand, as most of you do, and I do not apologise dear friends, for saying once more, the *power of your thought*, is the most powerful *tool*, you will ever possess. Please use it.

Les: I certainly use it every day. Thank you again for your teaching tonight, our love goes with you.

There then followed one briefly through Sue, who was bringing healing to one of the sitters. This was followed a rescue through Sarah. Finally another came through Sarah, known as Running Dog:

May I have your permission to speak?

Les: Yes please, we're waiting for you to do that.

Am I too loud?

Les: No, there's nobody next door. *(laughter)*

I see that we are amusing?

Les: No, just the volume of the voice. If there were anyone next door, they'd be wondering who was speaking in that voice.

I come to speak with you to ask, I think you say favour?

Les: Yes of course, anything we can do for you.

I have known this one for many, many years; she has been told of me, but we do not have close connection and it is time that we do. I would like if she could please sit quietly and think of me sometime.

I know I am not a great one, but that doesn't matter, does it?

Les: Well that's relative, we're all great in our own ways, we're all unimportant in other ways. To us you are a great one.

I thank you. I would just like to make some closer communication with this one.

Les: With the one you are using?

Yes, because it is time that we continue with some work.

Les: I'm sure she'll be pleased to do that and I think she knows you by name?

Yes, yes I am her Running Dog.

Les: It's a long time since we've heard your name.

I have been here with you, but I have been with this one, for many, many of your years.

Les: Yes I'm sure she'll be pleased to know you're with her and wish to get closer.

How are you?

Les: How am I? Very happy that you're here; looking forward to the day I join you, I shouldn't be, but I am.

Why are you so eager to join us?

Les: Because I'm sure it's much nicer in your world, than it is in this one.

But you have work to do, you must be grateful to the Great Spirit, for what you have to do.

Les: Yes I am. I don't have a death wish, I'm merely being honest, in saying it would be nice to be with you.

You can wish for death, but it will not come.

(laughter)

Les: No, it won't make a scrap of difference, it'll come when it's due, I know that.

We all have our beginnings and we all have our ends and it will come, but not because you want it to.

Les: Quite. No, we joke about it between ourselves.

Yes. I wished I could have stayed longer, when I was with you, but I was rather, how you say, impetuous? I was foolish and I took too many risks. I did not follow my grandfather's teachings too well.

Les: And you took one risk too many.

And I did indeed take one risk too many.

Les: And it was an enormous bear, wasn't it?

Yes. I wish I had been named Running Bear.

(laughter) ***Instead I am Running Dog.***

Les: Yes, but you didn't run fast enough that time.

I think there is no comparison, what say you friend?

Les: No, I think not. No it wasn't pleasant for you, but it happened, that was your fate.

We always were grateful for all animals, which came to us, but being grateful for them, did not help me in the end.

Les: No it didn't did it? *(laughter)*

But I think I have spoken enough, I thank you for your time and it is good to speak with you, old friend.

Les: It is very, very good to have you here.

Yes, there are many who would like to come back, but you have moved on, I believe, like so many of us, we don't have many options left open to us! (Said laughing) There is work to do and we must do it.

Les: I'm very lucky in having very dedicated colleagues here with me.

Yes I don't know all of them, you have changed much since last I came to you.

Les: Yes, a number of new people, but all wishing to do the same work.

All still pale-faced! (laughter)

Les: All still pale-faced yes.

Yes, I will not hold that against you friends.

Les: Ah, that's nice to know.

Yes, now I say I must leave you and I thank you for your time.

Les: It's been a great pleasure having you again and I will tell the lady and I'm sure she will try and make time, so that you can be closer to her and we all send you with our love.

Yes I thank you for that friends. I give you thoughts from those who stand close to me and those that you remember. I do not need to name them.

Les: No, White Feather, Moon Feather, Silver Star — all good friends of ours.

Yes, but the loud one in particular, has to be remembered! (More laughter) You know who I mean?

Les: Yes I know.

Yes, he is not so loud these days, since your lady has gone.

Les: Is that so?

No. I think she must have had words with him.

Les: That wouldn't surprise me.

Now I must leave you, thank you all once again.

Les: Thank you very, very much. It's been lovely having your company, goodbye and God bless you.

~4th August 1997~

The recording begins slightly late this time, after a quick adjustment of the light level in the room:

Thank you for making conditions more comfortable this time.

Les: I'm sorry if it was too much for you, it was slightly more than usual.

If you would allow this time, I would like to speak to every individual, because although I know what is within each soul, I think this time, it would be beneficial to each one, to hear each individual speak, of what lessons they think they have learned since my coming to you.

Les: Yes, we should be very happy to do that. Would you like them to come close to you here, one at a time?

That is not necessary. I think we should begin with the gentleman at the end of the room.

What my dear friend, do you think you have gained so far?

Jack: It's difficult to say — generally more understanding around other people I think and probably more understanding of myself.

Yes, this one dear friends, is gaining the lesson of tolerance towards others and their thoughts. I think you now can listen more intently to another?

Jack: I think that's probably true yes.

Yes I can tell you, you are much more tolerant of others now. Thank you. (Thank you.)

Now, your lady please.

Sallie: I think, I'm still learning this lesson, but I think it's a lot to do with forgiveness more than anything. It's a question I've been asking myself recently and the answer that comes to me is to do with forgiveness and that's what I'm trying to do, I think.

You are working well, but what you have achieved dear one, is your awareness of self and the knowledge that you have become a stronger person. In gaining this insight, this awareness, you now move forward onto other lessons; but the understanding of yourself, has been your main achievement.

Sallie: Thank you for always somehow answering the question —

I of course know much which is within your hearts and your minds, but sometimes it is good for you all to voice what you feel amongst yourselves, because in expressing yourself with words, you are opening your heart to others. Do you all understand this? (General agreement) Thank you. Now the gentleman please.

Paul: I think I'm growing in trust — there are less doubts now. It's something I'm still working with, but trusting in life, and in people and in the future.

Yes my son, also trusting in your own thoughts — that is the most important lesson for you. But yes, you are right, trust is a big issue with you in this lifetime. So I say only this to you: Continue and you will grow.

Paul: Thank you, yes I suppose it's something I've got to learn with experience?

It is within your heart, express it well and with experience, always you have more knowledge, of course. But all that you need to know, lies within your heart, thank you.

Paul: Thank you. **(Yes.)**

Les: Mark?

Mark: I'm starting to understand that I've got a pathway, but I don't really feel I've integrated it, I don't feel I've really integrated my pathway with my everyday awareness yet.

Yes, is there any more?

Mark: I'm sure I've learned lots of things, but it's been very gradual, your teaching's been very gradual and it's difficult to remember how you were exactly.

Yes, this one here, has the lesson of hope, to which he is still struggling, but let me say this to you: It will come to you, before your lifetime here has ended. You have struggled with many doubts and thoughts, on all aspects of living, but you will attain the lesson of hope, it is within your grasp. So continue with your journey and you will achieve your goal. Thank you.

Mark: Thank you.

Les: Sarah?

Sarah: I thoroughly enjoy learning all that you have to teach us and I find it very easy now to go out amongst people and try and feel my way and get others to respond to what I have to say, in a very gentle way. I also find it very easy now to be with people and make people happy. So I think where I've improved, is I'm beginning to understand people much better and I'm less critical, trying to see the good in them, and not the bad.

Yes, this one dear friends, what you are speaking of is the lesson of modesty, when it comes to association with many peoples. I hope you take the word modesty, in the way that I give it to you. You need my dear friend, to calm your thoughts, at times. But yes, you do move forward and you bring with you enthusiasm. That lesson of modesty, which prevents you from forcing yourself upon others, you understand?

Sarah: Yes, thank you.

That is the lesson that you are learning. Thank you.

Margaret: I don't know what to say, because I'm so happy when I come here and I've learned a lot about happiness and making people happy. **(Yes.)** And I'm more contented in my life now, than I've ever been.

Yes, and your lesson my friend, this time around has been one of patience, *patience*. And I think you will agree with me, when I say that you find it more increasingly easier to tolerate others and to show more patience with them.

Margaret: Yes that's true, thank you.

Thank you.

Les: Lilian?

Lilian: I've found great strength from the teachings that you've given to us. I do fall a bit short, when times are not quite so easy, when I find it hard to remember, but I do find great strength from them. **(Yes.)** I hope I've grown spiritually as well.

Yes, my dear friends, there can be no doubt that you *all* have grown so much since first we met — please do not doubt this. There is no question that each one of you has grown. I wish you could see how bright you shine, since first I came to you. But as you cannot, then please accept my words, when I tell you that you are beacons of individual light, when you leave this room. Before your lights were dimmer, but now I say to you, each one grows brighter and brighter, as our association continues. Now let me return to the lady. This one has needed much strength in her lifetime and she has suffered from many doubts. So her lesson for herself, has been strength in her own convictions and she also still struggles, she brings these doubts to herself and always questions what she knows to be right. I think she would agree with me please? She gives much upliftment to others, but fails to do so for herself, thank you.

Lilian: Yes I understand that thank you.

Les: Dawn?

Dawn: I just feel that I'm going with the flow, following my intuition.

Yes, but you my dear friend, have struggled throughout this lifetime with *fear*, fear of many things — fear of yourself also, would you not agree? *(Yes.)* Yes, but as life continues for you, you have developed a sense of strength within yourself, although it does not subside the fears within you. Your lesson this time around, is *fear*. And you must, my dear friend, learn to let go of all fear. It is negative energy, which you can do without. Fear not, you are protected well. *(Thank you.)* This is a lady, who also can teach others to fear not, but does not teach herself the same lessons. I think she would understand this.

Dawn: Yes. Thank you.

Yes. Thank you

Les: That just leaves me then. Well I have been and am conscious of, the only way I can put it is, great vistas of opportunity ahead and great happiness, as somebody else has mentioned and a tremendous companionship all the time; it is something I never used to experience and I find it difficult to fully realise the amount of companionship, I do get now and I know it does exist and I think you'll understand when I say I am learning the secret of spiritual growth, and giving to others, in spite of myself.

Yes, I think your words clarify what is going on in your life at this time. In this lifetime dear friend, you have learned to encapsulate the love given by many; you have given much and you have received much. But you needed to learn in this lifetime, that what you give, you must receive tenfold and as you reach your mature years, you have reached the understanding, you have reached that '*vista*', as you put it, the vista of love, which surrounds you *always*. Your lessons this time, have been lessons of *loss*, which you have coped with well and I would say that for the main part, you have achieved, but sometimes creeps in a little sadness at that loss, when you should be rejoicing, instead of allowing sadness to creep in, you understand?

Les: Yes I do, it doesn't often happen, it's just very occasionally.

No, but let me say dear friend, that in this lifetime, you have learned well. *(Thank you.)*

I would say to each one of you, that it makes me so happy to be associated with each one, with your own individual patterns of existence. To see you come together, as one force of light, to bring with you the love and the strength of the whole. Now I will say about the lady who cannot speak at this time.

(Sue)

That she has much also to learn from this lifetime. Her pathway at times has been quite rocky I would say. So I would say also, that this one has come to learn the lesson of forgiveness and patience. Each important in its own way, and again I would say she struggles with both, but ultimately will gain, as life continues for her.

So dear friend, if you have question this time, I will take one before I leave you.

Les: Thank you, yes I have one which I think will interest everybody. We have heard much about your schools of learning, halls of learning and we have had people speaking to us from your world, who classify themselves as, *'Keepers of the Records,'* and have explained the types of records they were interested in. But in view of the incomprehensible number of records there must be of people in your world, I have wondered how they are stored and how access is allowed. Are they stored as a form of energy, which can be drawn upon, by those conversant with the process? They can't all be inscribed on vellum I imagine.

No, no, no — we have spoken before of rooms of knowledge, but when we speak of storing all of these lives, it is a *thought-form*. It can be materialised onto — you call *'vellum,'* but it is a different material we speak of. But it is stored in the *thought energy* form.

Les: I thought it must be.

We do not keep libraries as you know them on the Earth planet. But you know the power of thought can produce anything you so desire. But to be able to be in touch with these records, we have *keepers*, as you know, who would be, shall we say, *'In charge,'* but that is not the correct words to use. We have keepers of records, when they are allowed to materialise. You see, people who wish to look at these records and all of you, could if you so wished and desired, take that step into our world to look at these records — there is no reason why you could not. So you understand that they would not be able to use the *thought-form*, so we have to provide something they are familiar with, you understand?

Les: Yes I do, the *thought-form* is beyond them, beyond their understanding.

Yes, so it is made available to them, in our *schools of learning* and in our *halls of records*.

Les: And that is the job of the keepers, **(Yes.)** to translate them, from the *thought* pattern, into an acceptable method for the inquirer to understand?

Yes, yes, it is not as simple as it would seem, but for your earthly understanding, we use the term *'records,'* and *'schools of learning,'* because those are terms that you would understand in words that are available to you, on your planet. When we speak of deep matters, always the difficulty is, in trying to translate spiritual aspects of living, to those of you who — (?)

Les: Yes I imagine it must be very, very difficult. It's like a newly born child trying to understand a computer.

Yes, if you can equate that, then you begin to have a little understanding, of the gap between us and thereof, there are so many stages which you must pass through, to begin to understand, the pure energies of balance. When that stage is reached, there is no need of explanation; it is *there*, the understanding is there, therefore no words are necessary, no records are necessary, no teachers are necessary; for all is of the same energy. Is that a little clearer to you?

Les: Yes it is. Of course we don't understand it, but it certainly is clearer. It removes a lot of misconceptions I had, about the keeping of records.

Yes, you are visualising rooms, you are seeing earthly visions, when in fact you should be expanding vision to higher ideals. (True.)

Now I think this time I must leave you and I say to you all dear friends: Continue your lives in love and hope, in the knowledge that each one is surrounded by those loved ones and helpers, who are close to you. Know that what we aim to achieve, *is* and *will be* a reality and if you can continue to be patient, we can achieve so much. (General thanks)

Les: Thank you very much, we all thank you very sincerely for what you have told us tonight and our love goes with you.

One swiftly followed through Eileen, with a message for Margaret, from her grandmother followed by another, who called himself Jacko and who did a very good job of lightening/clearing the energies, before we closed.

~11th August 1997~

Forgive me if I seem slow starting this time, but there are reasons for this, as you may well know.

Les: Of course. The time doesn't matter — the main thing is you're here with us.

We have with us this time, one who feels a little trepidation of the occasion. Let me assure her, that we come only in love and she will be encompassed within that *great love*.

Les: I'm sure she will and thank you for letting her know. She is very interested in the work we do and as you probably know, she attends our other meetings.

Yes, it is known. Let me say this to you: This one has spent much time in fear and ill-knowledge that has been given to her. It warms us to know, that now she has been welcomed into *our fold*, if you accept the term please. This one has much spiritual knowledge, but is in fear of it still. But now we have her, we can help her along. (*Good.*) I will say only this to her, on this occasion, that the latter number of her years, will be devoted fully, to the work of *spirit*.

Les: You hear that Dee?

Dee: Yes, thank you.

We have little doubts, but let me assure her, it *will* come to pass.

Les: Good, I know you wouldn't say it, if it wouldn't come true, I know. You have so much experience with you, we have no doubt.

I would like to say to one more individual, before we have some questions please. I wish to speak to the one known to you are Lilian. I hope she has been feeling much more uplifted since last we met, because many are around her, at this particular time. She should now be feeling the lethargy, which she has felt for some time, it now should be lifting and life should be feeling good with you.

Les: Have you been feeling that Lilian?

Lilian: Yes, thank you, especially at one time today.

Yes, you have been given much help, since last we spoke.

Lilian: Thank you very much.

It is always good to hear the spoken word, as I told you last time, not for me because I know, but in order that the others here, may know that we are aware of what is happening in your lives, you understand?

Les: Yes we do, and it would be of help us all if we remembered that more frequently. I'm afraid we don't and I'm right in saying this I believe, we *don't* think of it nearly often enough.

Well, can I repeat once more: After all, you are only human. (*chuckles*)

Les: Yes, thank you for your patience with us and your understanding.

Now, do we have questions this time?

Les: One I would like to follow on from what you said about the lady Dee, about being accepted into the halls of learning.

No, no, no, no I did not say that. I said that we are happy that she has been taken into the folds of your group.

Les: Oh I see sorry, I misunderstood you.

That we enfold her, into our love and we have waited for her to come to us.

Les: Good. These things happen when they're intended, don't they?

Unfortunately my friend, she is quite some way, before she would be likely to join us in our *halls of learning*.

Les: Ah yes, I misunderstood, that's why I wanted to clarify it, (**Yes.**) thank you. I think my age is affecting my hearing.

Do not allow it, my dear friend.

Les: No, I ignore it.

No do not ignore it, *work* upon it, work upon it.

Les: Yes I will. It's not too bad, but occasionally the words get a little bit blurred I must say, but I will work upon it. I've had so many things to work upon — (*laughter*) — I'd forgotten that, but I will do it, thank you!

Does it not keep you interested?

Les: Yes, now does anybody have a question?

Lilian: Yes, I wondered if you could explain a little more about our *Higher Selves*.

What aspect do you wish me to explain to you?

Lilian: Well, it's just that we understand that there is a *Higher Self*, but what is the *Higher Self* exactly. It — I do believe we have spoken before, but I will say a few words more, to help you understand. I *think* that when you speak about your *Higher Selves*, you kind of separate this physical being, from the *Higher Self* — this is not so. Remember you are Spirit, clothed in these physical beings. The *Higher Self* is the *true self*, the *all-knowing self*, which is within each one of you, here and now. It is not a separate entity that you can tap into, it is *YOU* — it is the spiritual aspect of you.

Lilian: Yes, that makes much more sense.

You felt that the Higher Self was separate from you?

Lilian: Yes I did.

Yes, I think too many people on this planet see it such that they do not fully understand when we speak to them that they are *Spirit*. Are you happy now, with that explanation.

Lilian: Yes thank you that makes it much clearer.

Les: Yes, you've told us many times Salumet, that we'd better understand if we thought of ourselves as *spiritual beings*, rather than physical beings. I think we are working on that everybody, aren't we? (*General agreement*)

If you want to continue to grow, you must work with that self, that *spiritual being*, that being that has *all-knowledge*. And I know those words do not come easily to you, but dear friends, you have *all-knowing* powers within you, in what you call the *higher self*; knowledge which you can 'tap into,' I believe that is the expression used by many. You can *tap into* the *Higher Self*, but remember this: **The Higher Self IS you, it is you — I would say the *real* you. Forget about the physical being; see yourselves as the great *Spirits* you have become. Know that all things are possible to you, if you so desire to work towards them. It is all there for you — do not separate that real knowledge, from what you have now and know to be the knowledge of the *physical*. The *Higher Self* encompasses the *physical*, the *physical* does *not* encompass the *Higher Self*. Do you understand my friends? (*General agreement*) If you have any doubts, let us clear them this time.**

Les: Has anyone any doubt? It's difficult to understand I know, but can we accept the principal, everybody? (*General agreement*)

That's the main thing — then of course we can work towards that principal, all the time, that our *Higher Self* exists, in spite of everything else, that we can't do anything about it, so we might as well *aim* for it.

The *Higher Self* is eternal — you cannot be rid of it; it is the very spark of your being.

Les: And would it be right, to classify that also as what we call the *mind*, not the brain, which we know is physical, but the *mind*.

The term '*mind*,' is used as belonging to the spirit. Yes, there have been many descriptions, over your earthly years. But yes, the *mind* is the part of the spirit, which is the *all-knowing* part. The *mind* is spirit — you cannot separate into little compartments, different parts of spirit. Although we have spoken about many aspects, we are speaking on a different subject when we say that. But the *mind*, the *mind* is all things.

Les: Yes, I wanted to make sure we all understood, the *mind* is completely separate from the brain, which is merely a physical organ (**Yes.**) and the *mind* is spirit.

Yes. There has been much spoken about these subjects upon your Earth. Many of your scientists try to explain the *mind*, but they cannot, because the *mind* after all is *spirit* and they cannot use logic only, to explain it. You can explain the brain, because it *is* physical and it must come to pass that the brain dies, when the physical body is about to be expired, you understand?

Les: Yes we do, that the *mind* continues to exist, as the *Higher Self*.

Call it what you will dear friends. I prefer that you know yourselves just as spirit — it simplifies all other aspects of knowledge. You are eternal spirit, you return to that eternal *spark of life*, from which we all come. It is simple and I would like you to try to visualise it as such. There is too much extraneous matters talked about, which is unnecessary and is most confusing.

Les: Yes, I would agree with you completely.

It creates too many questions, too many queries and we find that when many come to our side of life, they are puzzled by what they have been told, when in fact it is simple and should be taught so. So my dear friends, let us begin anew this time, let us say to each one, we will think with a simple mind, because spirit is *simple*. It is *real*, it is *all love* and no other explanation really is necessary for you.

Les: No, I was thinking about that today as I was watching a flock of birds reeling about, all moving as one and it occurred to me that our conditioning within the *universal consciousness*, must be something like that?

Yes, the concept of the cosmos, is also another subject, which creates havoc amongst the thinking of you human beings. But if you can find your own analogies, then I would say to you, *think* about it, but don't become so engrossed, that you become confused. Think upon it each day, if you must — always look for the most simple explanations or analogy that you can find. In so doing, your understanding will be greater.

Les: I must admit, it did help me, when I suddenly thought of that — one bird being a part of the whole and not being aware of any differentiation at all.

Let us take another example, each one of you here this time, feels part of the whole I am sure, when you sit together on these evenings. I am sure as you come together, you blend in unity. So you have become a stronger aspect of yourselves, do you follow me? (General agreement)

Les: And I think that blending is done by the *Higher Selves* of each of us, without our physical selves being aware of it.

Yes, it is simple and you have *not* constricted the thinking, by using the physical brain. It happens naturally and it is a joy to see. I hope that has clarified a little for you, the subject of your what you term, '*Higher Self*,' but what we from now on will call simply: **The real YOU — SPIRIT.**

Les: Right, everybody happy with that? (General agreement + thanks) Are you able to take another question?

I will answer one more please.

Les: One more question somebody? (Pause) Well I will ask one: You told us a long time ago Salumet, that when we were discussing the impact of free will, upon the plans made for each entry into this planet, that if free will created by somebody else, caused an earlier departure from the planet than had been anticipated, that soul or spirit, is *cocooned*, if I can use that word, until such time as he or she would have come normally. Is that so?

Yes, they are protected, we cannot allow innocent souls — we are speaking again on deep matters, but when soul is returned to us, caused by the free will of another, this cannot be allowed, because in fact it is interference of another's life.

Les: That's what I thought.

Yes, so we must protect the soul from harm. Was there a specific point that you wish to know?

Les: No, that covers it all, thank you very much, because several times I've thought about the impact of free will upon the predetermined plan for the soul, but since you do shelter it until the arranged time becomes due, then that's the whole answer. (Yes.) Thank you very much indeed.

Mark: Could I say just — when that person is *sheltered*, presumably they have to be given knowledge from experiences they should have had on Earth, wouldn't they, to catch up with later on?

They would be given the opportunity, as all souls have — they would be helped and instructed in what has happened, because sometimes they do not fully understand, or can be reconciled to why their earthly time was terminated, when they knew that they had longer to live. Do you understand? (Yes.) Therefore, they would be helped in making judgement on whether to return and fulfil those plans which they intended to follow, or whether they can continue within our world, and continue to learn. Always, always we have choice, you follow? (Yes.)

Les: Any other question on that? (Pause) Well, thank you very much Salumet, for a most interesting evening again — we do appreciate it.

Our new lady here will be feeling a little confused by the subjects this time, but her understanding will come and I feel that she will have many questions for you afterwards.

Les: I'm sure she will and I'll be quite happy to answer them and if she wishes to come another time, and wishes to learn more, she'd be welcome again.

She can contribute much.

Les: Yes she has a lot of power I know; we have found that on the Wednesday meetings.

Now dear friends, I leave you this time — I leave you all, with much to think upon once more. I do believe that you will consider my words this time and that enlightenment will come, as I know it already has, to the lady who asked the question to begin with.

Lilian: Yes, thank you

It is almost like we see little lights being shone within the being of the person, who suddenly realises, 'Ah — it is not so difficult now, to understand.'

Les: Good, yes we thank you once more for your explanations; every meeting our knowledge increases and our gratitude to you increases.

No, I ask not for gratitude my friend.

Les: No I know you don't, but it's a human thing we like to do.

Yes I see that you now can blame your human aspect of yourself, on many things. (chuckle)

But I know and I accept the love which you give to me — and let me leave you and say that that love is returned many-fold. (General thanks + farewells)

~25th August 1997~

Les gives this introduction to the tape for this session:

Some months ago there was published a book by author Michael Drosnin, called 'The Bible Code.' It gives a wealth of detail, about hitherto unknown codes, hidden within the original Hebrew version of the Bible, the Torah. (first 5 books/old testament) This book is the result of years of research by biblical scholars and mathematicians. The information given is so extraordinary and prophecies given so accurate, as to be almost unbelievable. In late May of this year, the Daily Mail newspaper published three days of extracts from the book and each member of our group was given a copy. At this evening's meeting, it was decided that we would discuss this, because of the absence of Eileen and Sue, the mediums most commonly used, and two or three others. George had since our last meeting, read much of the book, and began speaking about it, when a communicator came through Leslie. Because of the information we were then given, this tape will be included with other recordings from Salumet, since the subject matter is much the same. At the end, when the communicator said, 'I was one of the writers,' Leslie felt great emotion from the speaker and an awareness of memory of it having been a single honour to be so used. This evening's recording now begins:

Apologises for the time it takes on this occasion, but you understand there is much less power available. I'll be with you in a few minutes.

George: Yes we understand.

We were pleased to hear you say, you would have a discussion on spiritual matters and we would suggest if we may, that we shall whilst listening, be ready to — not interfere, but to join in your discussion, if you are agreeable to this happening?

George: Yes that would be wonderful.

I would dispute the use of your word 'wonderful,' my friend — I'm not yet in that category. We have certain information perhaps, that we can give you, but we would not say yet that we are wonderful — perhaps we think so ourselves, but we do not expect others to think so. (chuckles) Nevertheless, we do understand and appreciate your kindness.

George: Well, I still tend to think of the between-worlds communication, as a wonderful thing.

It is indeed, it is indeed and you are fortunate in being able to experience it at this stage in your lives, because when you join us, you will not have to go through the usual inconveniences of explanations and wonderment and puzzlement, as to the differences between what you find and what perhaps you've frequently been told, during your stay upon this planet. You are fortunate in being together

again and also fortunate in having the opportunity to learn so much, which of course, you will not have to learn, when you come to us.

George: Yes, we appreciate that and we appreciate you coming through, with what must be so little power, at this time.

I will leave you now my friends, to your physical discussion, and if necessary and if it seems desirable, I will take the liberty, of joining you again, or if I do not, then one of my colleagues, more versed in the particular matter, that you may be discussing, will use this instrument instead. (General thanks) God be with you my friends and thank you for attending, in what we know to be one of your so-called holidays. Our discussion began shortly afterwards, after a bit of light adjustments and chatter:

George: Well, Margaret has done very well in getting an early copy of this book, which has been published this year. It seems to be a very, very important book, and it concerns the first 5 books of the Bible — the Old Testament, which is sometimes referred to as the Pentateuch. I think in the Jewish genre, it would be called the Torah. It has been known for some time, that you can apply a ‘skip code,’ to the original Hebrew letters — I believe within the Jewish faith, they’ve been careful to keep to the original Hebrew script. It’s believed that the Commandments and these first 5 books were handed to Moses on Mount Sinai. It’s been known for quite some time, that if you keep all the letters of those first 5 books in their proper order, but if you take the first letter of each chapter and then jump 50 letters, and another 50 and another 50 and so on, using a crude 50-jump skip code, the word Torah, is spelled out, for each of those 5 books — it seems to be a marker.

Les: I believe George that everyone has read the summary that you had, so they know all that at the moment. Have you all read it? *(General agreement)* So it saves you going over all that we know.

George: Yes I did read it. Having read the book as well, I’m likely to confuse the two a little, but Doctor Eli Rips is the mathematician, who has given it a more sophisticated treatment and he has devised a computer program, such that all these letters of the first 5 books, are maintained in their order, but they can be given various line-lengths. So you could have rows of 20 or 3000 letters.

Sallie: Could I ask a very basic question? You’ve said that for years it’s been known that if you took every 50th letter, it would come up with like a key — why did people start doing that initially? Why did they start playing around with it?

George: There is a suggestion with the Bible writings themselves, that there is something special — a book within a book, a sealed book, is the term used, so people like Sir Isaac Newton, carefully looked at the Bible, to investigate the possibility.

Sallie: Do you know where in the Bible, that’s implied.

George: Several places, in Ezekiel, for one. It comes in Revelation as well.

Les: And until the computer was available, nobody was able to break the code.

Sarah: I don’t know if it would be too much of a question to ask, if they could tell us who actually wrote the Bible in the first place?

Les: Many people.

Sarah: But I mean, to get this code in there —

George: Well, so far as we know, this book, the Torah, was given to Moses on mount Sinia.

Sarah: But someone has written the book, haven’t they? It must have been somebody with this higher intelligence —

George: Some would suggest that it was inspired by God, via — unknown.

Les: It was the work of many people, let’s be brief on it, many learned people. The Dead Sea Scrolls for instance, were buried for thousands of years and didn’t come to light till comparatively recently — a number of people are responsible for the — not one person, not one origin —

Leslie begins to breathe deeply and channelling begins:

As we suspected might happen my friends, you have come to the first hurdle. Now we know that you call what is known as God, or whatever you prefer, you call the Great Creator — there is a simple explanation for the writing of so many words. You will understand that the Master Jesus, did not himself

deliver all the speeches that are attributed to him, neither did he deal with all the people he is supposed to have dealt with. Did he not have disciples to do the work for him? (General agreement) Similarly, in the writing of the great words to which you now refer — and we shall not call it the Bible or the Torah, or whatever — we do not wish to classify the words under any particular name; they originate from the Great Creator and the Great Creator as you may well know, has many, many, many helpers, at the command of his wishes — we say ‘him’ and ‘his,’ but of course there is no sex involved, as you will appreciate. We use it merely for convenience of speech, please let us be clear on this. (General agreement)

George: Yes, we appreciate our language is limited on this.

You have been told on numerous occasions, that the Great Creator is energy, energy in many, many forms and many of those forms are beyond your awareness, or understanding, or even comprehension. (Yes.) They will not become apparent to you, until such time, as you have developed much, much further, upon the spiritual pathways before you. But, through the Great Creator’s energy, energy is dissipated through others, who HAVE attained, much nearer perfection, in their spiritual lives and it is they, regardless of their name, their country, their race, their habits, their clothing, their wealth, their poverty — it is they, who are responsible for the original writings, which you now classify under different names. Do you understand me? (General agreement) There is only one Source and that is from the Great Creator of not only this planet not only your lives, but of the Universe — KEEP THIS IN MIND. You tend to put too small a significance on the Creator; you cannot imagine the power of the thought that is there. So do not give credit to any one person, to any one dozen of people; the credit is due to the thought, which has been relayed from the Great Creator, to the thought patterns and energies, of those worthy to write the words required to be written. Is this clear? (General agreement + thanks) So do not make the mistake of giving credit to any one person, any one place, any one time. It is a combination of many events that is culminating now, in your awareness which is encompassing your world.

George: Yes, we appreciate *The Source* and your word, ‘worthiness’ in regard to those who help.

It is unfortunate that in the human race, the application of a word often indicates infallibility and if such and such is in the Bible, then it must be so — if such and such is in the Torah, it must be so — if such and such is elsewhere, it must be so. All that must be so is that it need NOT be so, because though those worthy people were entrusted with the tasks of writing the word from the Great Creator, they were not infallible and unfortunately they were sometimes using their own thought-patterns, to colour what they wrote. Do you understand? (General agreement)

Sallie: Can I ask you something?

Yes please.

Sallie: Could that be perhaps the reason why there is a hidden code within the book, because the Bible, though it was mainly created through the Creative Forces pattern, it was relayed by people and therefore I understand why it could have been misconstrued by so many different cultures and different interpretations put on it. So could that be why there is a code, to try and give a clearer understanding of what was trying to be relayed?

That is a good question my lady and you are right in your assumptions — there was fallibility as I said. There was also you remember, much duplicity in the hierarchy of your world, during the many generations of its existence. Satisfaction had to be given to the rulers — things were changed according to the demands of the time and the responsibility of the power of those who had that responsibility. Therefore things were altered from what was intended in the original writing. Your own Bible has had seven major translations, each of which varies from the other. Why do you think there are so many notations in the columns of your church bibles, only because there is a lack of understanding of the actual meaning of the word or phrase. There are many possibilities, according to the interpretation and according to the bias placed on the original writing, by the author. Does that answer your question so far?

Sallie: Yes it does.

You have been told also, that all has been always — all will be. Therefore in the wisdom of the Great Creator, it was known that many mistakes would be made in the interpretation of the writings. It was also known, that at this period, from within your physical world, your scientists would produce the means, of discovering the 'book within the book.' You would NOT as human beings, up to this time, have had an inkling, of how to deal with the information that is now available and which will pull upon you, in the future. Your machines, which I think you call computers, will verify much that has been imagined and because of the power which they will have, you as human beings becoming enlightened — not yet enlightened, but becoming enlightened, will, because of the energy inherent in those machines, be able to accept what is said, because you know they cannot lie — any misinformation which will be placed in them, will in due course, itself be segregated and shown to be false. This is something you have to look forward to! You do not realise the power that is and can be generated in these new instruments. They will seek out falsehoods in their own capacities. Keep this in mind. They will not in the future, be subject to human interference, to human dictatorship — not when TRUTH is at stake.

George: Yes, we can be grateful to the computer logic and can rely upon it.

It is logic my friends, such as you have no comprehension of at this stage. Computer logic will, as a result of directions from the Great Creator, overcome what is called 'human logic,' — not in your lifetime, but it will come and falsehoods, will no longer be tolerated. Do you understand this? (General agreement) You talk much about the millennium, but you cannot have any conception of what the millennium will bring to this planet. Some of you will begin to see SOME of the beginning. But most, I'm sorry I have to tell you, will not be apparent upon this Earth, until you have joined us in our worlds, when you can then look down and remember what is being told to you now — because you quite possibly in your enlightened spiritual awareness, will be part of the 'creative necessity,' which is planned for this Earth. Do you understand? (General agreement) Now do you have any questions upon what I have told you?

George: Well I'd just like to say that's all very good news and very good to hear. We have our confused thoughts on things — it's very good to have things made clearer.

I'm glad to hear that it is clearer for you, because I must confess myself, I do not fully understand what is going to be given to this planet. There is a limit to what I am permitted to know, because I too can be fallible and to tell to too much, may be incorrect. Therefore I tell you what I am permitted to tell and hope that it will give you courage to continue in your work and to enlighten you still further, for your journeys upon your respective spiritual pathways. (General thanks) Now if you have no more questions I will leave you and give this throat a rest, it is becoming difficult for the instrument. (Les had a cough) God be with you my children. (General thanks) I will tell you one last thing I'm permitted to say — you will probably be surprised: I was one of the original writers given power by the Great Creative Force. God bless you —

General thanks + farewells and we discussed what had been said for the remainder of the meeting.

~1st September 1997~

Good evening. (General greetings)

This time, my dear friends, let us begin by joining together. Let me speak for you:

We ask Oh Great Creative Force, help us to control our wayward senses, help us to know the player of them, help us to control fear with hope, despair with joy, sadness with happiness. Help us to gather that power and light within us that we may go forward, to help all of mankind. Of these things, we ask help and encouragement and light.

(Thanks)

Do we have questions this time?

Les: Yes I do have one. I don't know whether you would be able to answer, but I'm going to ask it. We have just had a very tragic loss, in the lady we call Princess Diana, and I was thinking about all the good work she has done and the tremendous emotional response, her passing has engendered in the population as a

whole — most extraordinary. I come to the question answered before, about leaving according to the prearranged plan, or leaving this life earlier, by the exercise of freewill on the part of another, or others. Are there ever any circumstances, in which you in your world would be permitted to interfere with freewill, because of the plans which had been made for good work to be done here?

I understand and I await your questions. We know and feel of the great emotional love, which has arisen from your planet. I will say only this to you my dear friend: The endeavour to work well in your world, does not give you a passport to eternity. We know and we understand that when someone who has touched the hearts of many, passes to our world, it leaves you all feeling at a loss. But let me say this to you: Freewill cannot be interfered with, whilst you remain on this earthly planet; there is no circumstance, which would allow us to make that interference — it will not happen. You know and you understand that when you come to this life, you know when you will return to us. We can help, we can support, we can encourage, but we cannot interfere; we cannot interfere with free will. I do not feel that you can truly understand the great plan that lies before. When you see a young woman such as you speak of, you see her only in her physical clothing, who has done good in your world. Let me say this to you: Rejoice my friends, for she has returned home, as have the others who were with her. It is not for any one of you, to consider these happenings as what you term 'tragedies,' they are not, they are part of the plan of living in your world. I can tell you, that this lady, who has become known to you all, had a premonition of her life's end. But because of the pace of living, she would never have spoken openly about it. She was indeed a spiritual being, who had grown much over the last few years of her living. This may not be known to you, but her spiritual knowledge was quite great. And therefore, that is why the humanitarian side of her nature came to the fore, as she grew older in your earthly years.

Les: Yes, she certainly did change an awful lot.

I would like to say to you all, she has become an idol in your world. You feel sad at her passing, because of young years, because of the goodness that could be seen. I say this to you my dear friends: Look not to any idol in your world, because in doing so, you diminish the expression of love that belongs, or should belong to all of mankind. I know you may find my words to be harsh, they do not mean to sound so, but I wish you all to look beyond your physical thinking once more. Always we must return to the spiritual being and what lies ahead.

Les: Thank you for that. And another one you may not wish to answer, would I be right in presuming that it was her time to depart this Earth?

Of course — she had the knowledge of this passing, because of her own spirituality, but she would not have accepted any degree of restraint, whilst living her life here.

Les: Right well we shall try to think of her in those terms then and not be sad, but be happy that she's with you.

Rejoice for her, for the life that she has led. Although she has endured many troubles, as most of you do. After all, how can you grow, if you do not face adversity? (General agreement)

She is special only to you, because of her position in life. She has achieved no more than many unknown people, who are exercising their love of humanity, with (?) around your planet.

Les: Yes we can understand that and accept it.

So, in realising this dear friends, send out joy for the life that she lead, for the love she bestowed on others and look forward to knowing that she will continue in giving love to those she has left behind.

Les: Good, I'm sure we're all comforted to know that — I am anyway I know. (General agreement)

She was with us quickly, if that will ease your burden of mind.

Les: Thank you very much.

I would wish that your whole planet could move away from these occasions of deep mourning. When will you realise that death is not for sorrow, death is to rejoice, because to us my dear friends, it is your birth, it is your birth in returning home to those who have loved and who have helped you throughout your earthly trials.

Les: That has given us a great deal of comfort and we do appreciate you having told us, particularly that it wasn't an act of freewill, on the part of others.

Her time was here — her time had come.

Les: Good. Then we wish her God's speed.

Do not mourn her; she will know that she has been much-loved — she is aware! I do not wish you to speak of anyone who passes to this world, as if they are forgotten; they are *vibrant*, they are *alive*, more *alive* than you my dear friends.

Les: Yes we can accept that too! (*chuckles*)

So, mourn not, but rejoice in the life that she has lived.

Les: And we hope that she will be with her companion too, who went with her.

I know much was spoken in your world, because she was someone well-known. Throughout your world, the awareness of this '*great love*,' as you call it, was not in fact a *great love*, but a *great compassion*, a *great feeling* that both could share. I can tell you — perhaps I should not, it is not what I come to teach, but she truly was in love with the one that she called husband. But that is more than enough on that subject.

Les: Yes, well we shan't mention it outside this room. We appreciate the confidence and shall respect it — thank you for telling us Salumet, it gives *me* great comfort. It was difficult for us to understand the reasons, but now you've said her *time* had come, we are happy for her.

She did not suffer, she was with us quickly, as was the others — I can assure you the suffering that you peoples think upon, did not exist.

Les: Thank you very much for that — we do hope that in time this whole planet will be aware that they should not mourn, but be joyful when death occurs.

I would like to say only this to you: If only you could feel the vibrations of grief that exudes from your world, when occasions such as we speak of occur, you would be shocked by them. The whole energy pattern which surrounds your planet is affected by such grief. It affects not only the vibrations of your Earth, but those who await those who come to us. It is difficult to surround the planet with love, when so much grief abounds. That is why I ask you dear friends, in your individual thoughts, hopes and desires, that you replace grief with love, with loving thoughts for all those who are in need.

Les: We shall be able to do that with confidence now, shan't we? (*General agreement*) And again I do want to thank you for what you have told us.

I know I have said my task is not to personalise details, but sometimes I feel that you need the comfort of these small details, to encourage you, to uplift you, to help you to understand, that life is so much more than you fully understand at this time.

Les: Yes and when you talk to us like this, it does help us to a greater understanding of it, which is why we're so appreciative of the words.

Now, dear friends, I will take my leave this time. I encompass you in love, in order that you too, can extend your love to others. (*General thanks*)

There then followed a sweet little girl through Eileen called Alison. She talked with that special child's simplicity, about her life in the Spirit realms, her love of the little animals, a pet dormouse called Tiny, singing trees and her new friends —

*Another followed through Eileen, briefly bringing news about next meeting — **it will be one of much good heart and lightness, an evening of pleasure. This is what I have come to say, and this is all I wish to say —***

~8th September 1997~

Due to the gloom that seemed to surround the planet after the death of Princess Diana, a light/fun evening was planned. Salumet did not speak — all of the communicators came through Eileen:

Why I have been chosen to open this evening, I do not know. I am told there will be much laughter this time; something I was not familiar with I have to add. So I think they are amused that I have been given an instrument, with things on these! (laughter)

Les: Earrings yes. You didn't wear them I gather.

Gentlemen do not wear such things, do they?

Lilian: They do these days. (*General agreement*)

Not in my day. I would be most offended if I had been alive in your —

Les: Well I wouldn't dream of wearing them, but many men do nowadays. I think it's a silly habit, but there you are. They prefer to do it, so —

Now I understand I have colour on my lips! I hope they are amused. (*chuckles*)

Les: If it's any consolation, sometimes they do it in reverse you know — they put a lady through a gentleman.

I was told I could make a choice — obviously not! (*laughter*)

Les: You're taking it with good humour and we appreciate it, because it is a special evening I know tonight, to dispel all the gloom that is around the world.

I am happy you are happy — you send me back in gloom! No I do not mean that my friends. Now let us be serious, because this time I'm told that there will be much laughter, that all of you will feel inclined at some time during this evening, to feel amused by something or another. Can you all please, however silly it may seem, either say, or smile or laugh, or do whatever comes intuitively to you all. (*General agreement*)

Les: Yes of course, we look forward to joining in with the humour.

That my friend includes you also — you may feel things are out of your control this evening, but be assured, we hold full responsibility—

Les: I happily leave it with you.

Now, may I say I happily take your leave—

Another followed guffawing with infectious laughter, (one who'd been before) through Eileen. This really got the evening going, raising spirits.

One followed through Eileen, joking about someone with itchy feet. Mark had a verruca, and had been scratching his feet a bit that day, which had caused amusement. He relayed an incident involving the acidic treatment and how some must have got onto his pants as he pulled them up, because something started stinging once he'd pulled them up! (Of course, this had caused much amusement in spirit realm at the time who were around Mark)

The next speaker encouraged us to be aware of someone around us, as we all had someone with us as we sat. She also talked to Sallie about when she used to cut her dolly's hair, as a child. Sitters voiced sensations around the face, as of sunshiny smiles and Sarah had an encounter with a weasel.

We then recited a nursery rhyme (Jack and Jill) and 'Twinkle twinkle little star,' for a group of children brought to us from the other side.

Several sitters sang/said other amusing and/ or sweet little rhymes, which amused the girl (Wilma) who came through Eileen, and probably the other children who we were told had gathered.

The evening came to a close with one through Eileen called Sister Marietta: — We, as we often say, are most grateful to you all, for your loyalty, your dedication to the work that you do. And feel that at times, you need to have a little upliftment from serious work, which goes on within this room. I therefore come to you to end this evening, to say to each one of you thank you for your time, and your patience and your continued loyalty to your work, which we endeavour to do. (*General thanks*) **Always when there are children involved, you will find me close by. I hope that you have enjoyed their company, those unseen children — but nevertheless, many have been here with you, this time. Their openness and their natural joy, is something that you should all treasure. If only your world could be more as children behave in your adult lives, all would maintain a degree of happiness, which is so easily lost, when you reach adulthood. Once more, we thank you all. I leave you with God's blessing and hope that each one of you leaves this place, enriched in the knowledge that you are surrounded by love and by those people, who come so close to you. We know that although most of you are unaware of their presence that will come to you, as time progresses.** (*General thanks*) **Thank you for your time and I will say God bless and goodnight.**

Les: Before you go, may I have your permission to give my colleagues your name to call on, if they have difficulties with children? (**Of course.**) This is Sister (*voice change as Les begins to channel*) **Marietta to call**

upon in time of trouble or need, when you deal with children. Whether your children or not is immaterial — Sister Marietta, will answer your call for help. Is this understood? (General agreement) Thank you my friends, thank you. The Sister will be greatly pleased that you will use her powers to assist you, in the years to come. God be with you my children, God bless you all. (General thanks) After our usual closing prayer, there was another through Les offering a blessing/prayer: May the peace of the Lord be with you at all times. God protect and cherish you throughout your nights and days — may you receive the love you give to others. And may this evening have lightened your hearts and your spirits, to overcome the mourning, which has surrounded so many in these last few of your earthly days. God bless you all my children.

~22nd September 1997~

No Salumet this evening, but another communicator of high knowledge came through Eileen: Please to forgive the delay. I have been asked to approach you on this occasion.

Les: You're very welcome, thank you.

I'm told this is a full meeting this time.

Les: Yes it is.

I think I am now ready to speak to you all.

Les: Thank you very much indeed.

If I do not make sense, please stop me. I am endeavouring to do my best on this occasion, but it is not something I am usually accustomed to.

Les: We do appreciate you doing it for us.

I come to tell you perhaps some things you do not fully understand or know. I come to instruct you a little, on the plurality of yourselves, of the whole, of the energy which you are. I know you have been instructed, that you are more than one—that you are many beings, which come together as a whole. I wish to instruct you this time that in this lifetime, the energy that you are, encompasses all knowledge. So therefore you are miniatures of all energies.

Les: That's very interesting to know.

You are not singular, in your personalities in one lifetime. All energy, all knowledge is contained within you and I wish to instruct you this time. Perhaps I can teach you a little, in getting to know yourselves a little better.

Les: We should be glad of that, because we are very confused very confused, quite often.

All of you, are what you term 'multiple personality' — encompassing you all as such. After all, do you not understand, do you not see within each one of you, these different traits — the tenderness, the gentleness, the anger, stubbornness? All of these belong to different parts of you.

Les: Is that so?

You bring them from other parts of you, because you are more than a single unit — that knowledge is contained within you, within the soul. And all of you are unaware, of how much power you could use, if only you but had the knowledge to use it.

Les: Yes, we have frequently been told that, the power of thought, has incredible power.

I know that the master has brought to you much in words and yet we know that you do not fully understand his words, simple as they may be, because he is a master of few words, but of simple words.

Les: True, we've learned a great deal from him, but we do find difficulty in realising that we are multiple personalities. He has explained it to us, but we still find it difficult to accept.

We know and we understand. I want to tell you just a little of my work. I am what I believe you would call a keeper of those who inspire others. All of you are aware no doubt, of the inspiration which comes to you at times? (General agreement) All of you should realise, know and understand, that at times in your living, there are times when the inspiration is strong. (General agreement) That is my task, that I control those who wish to help and to inspire you. It is a little known fact that such as I exist, but I bring

this knowledge to you, because I have been instructed to. I know many of you believe and try to understand that there are many who surround you, who wish to help, to uphold and to uplift you.

Les: Yes we do believe that.

But you are not aware, that they also are under control, they also are helped and inspired and taught to use that inspiration wisely. That is my task; it is a complex one, it is an important one I feel and I can assure you, I have been honoured in being able to help so many.

Les: I'm sure it must be a very difficult and complex task for you?

But I don't say this, to make myself seem good to your eyes, I tell you this in order that you realise that the scheme of life of all of your lives, is much more complex, but also simple in its daily workings.

Les: And I can see the need for control that you may exercise, over those that perhaps become too enthusiastic in their help.

After all, when you possess plural personalities within your body, those who want to inspire you, how could they know which area of your life needs to be inspired?

Les: No, they couldn't, could they?

They need to be guided by those of us, who are aware of the wider scheme of life.

Les: We begin to see now I think, why we've been told frequently, that we are well protected; we can understand that.

Yes I do hope you can fully accept, because not only is it truth, but it is a necessary part of your living this life.

Les: It's cleared up a lot of things for us I'm sure, hasn't it? *(General agreement)*

Is there anything you would like to ask me?

Les: Yes, it indirectly bears on what you've been telling us tonight and I'm sure you'd be in a position to answer. At our other meeting, *(Wednesday circle)* we had some visitors, who after I had asked some questions, said that they came from another place, had heard of us and had been inquisitive enough, to want to come to see us. And we had an interesting conversation, which resulted in them telling us, that in effect, they are still primitive life forms and they described their appearance to us, which to us would indicate being partly like a jellyfish and partly like an insect, which our visitors likened to one of our ants. They then went on to say that they exist by absorbing energy, but when they were in the — I can only say physical term — they ate algae. This would indicate they were very primitive beings. But from what was said about them being energy, would indicate that that planet wherever it is, has planes of existence, following the physical, as this one has, which leads me to think that even embryonic life has a soul? Is that so?

The breathing became deeper/different, before the communicator spoke again:

I have to enquire where that information came from?

Les: From somebody we presumed to be a communicator, but we don't know where from. It was through one of our regular experienced mediums.

I have to tell you, you must reject that information.

(Breathing took a few moments to return to normal)

Forgive us.

Les: Yes of course. We only want to get to the truth of these things.

Whatever information has been given to you on that subject, you must reject. I do not say the communicator is at fault, but there has been entry here, which should not have been happening. This instruction comes not from me, but from a higher source.

Les: Thank you. It was one reason I asked the question, because I had suspicions myself.

But I am instructed to tell you, all energy is living, all form of life comes from the Source of all living. This conversation is changing course this time, because it is imperative that only truth be maintained. So I say to you, my instructions to you are this: Listen wisely, listen quietly, but listen here — you have the knowledge to know that what comes to you, may not always be the truth, even in such a place as this that is protected — always there is the chance, the opportunity for those free spirits, who wish, not always to cause mischief or trouble, but those who seek the Light, to enter and to give false information.

It is not that the communicator is wrong, please do not accept that. It is that in our world that sometimes these things happen, even within well protected groups, as you are. You understand?

Les: Yes I do, I have had it occur before —

It does not happen often, but on this occasion, I am instructed to tell you to reject the information.

Les: Thank you, I was suspicious of what had been said, not of the medium, or the communicator, but the information which was being given.

Yes, yes and also it returns — I am being instructed this time to tell you, that I shall return on another occasion, in order to speak as was intended.

Les: I am sorry if I interrupted what was planned, **(No.)** but I think it was important to clear the other matter.

We — I was not aware myself, but I know it is known and I will be instructed and have to tell you that I must leave you this time.

Les: I'm sorry if I caused you to leave.

It is no doing of yours, but I will return.

Les: Thank you we look forward to it, God bless you.

There then followed one through Sue:

There have been changes this time. The energy patterns have been — how can I tell you — they have been moved around this room, to accommodate the new perspective that we were given. Do you understand my meaning?

Les: I think so.

It may be a little difficult for you to comprehend, but before anyone here communicates through your friends, the energy patterns in the room, are set at certain levels and positions. Is that clear to you?

Les: Yes, I do follow that.

But because of the nature of your enquiry, try to imagine that energy flooded across the room, like waves upon your seashore and filtered through into this one, so that it was easier for that answer to be given. Can you comprehend a little of what I say to you?

Les: Yes I do and I'm sorry I interrupted the previous plan that you had, but it was a very important thing, that I had to get clear.

Of course, it is necessary for you to feel these — shall we say idiosyncrasies? You were aware that something was not quite as it should be, am I right?

Les: That's right.

Therefore, it is good that you picked up, how shall we say, the 'wrong vibrations.' It is good because now steps can be taken on our side, to ensure that this sort of problem happens very infrequently in the future.

Les: Yes it has happened very infrequently in the past. This is only about the third occasion, in all the years I've been working here, but it's something I wanted to clarify.

We are indebted to you, for bringing it to our attention, but to return to the energy waves — now unfortunately — how can I say, these energy waves, are like breakwaters upon shingle and they need to be calmed, ready for the next time your friends are all gathered in this room. (Thank you.) So we will spend a little quiet time now, with your permission, before we close this meeting, to try to shall we say, 'iron out the wrinkles.' (Thank you.) Once again I say to you, we are indebted to you and will return as soon as we are able, to continue with the original discussion as planned.

Les: We look forward to that and give my apologies to the one who was speaking please.

No apology is required, or expected. (Thank you.) And now if you could give us just a small amount of quiet, we close in your normal way.

Les: Yes I think there is someone else wishing to speak to me first, but we shall be quiet anyway ***I thank you and wish you farewell.***

(There were no other communications this evening in fact, but the speaker did indeed return on 06/10/1997)

~29th September 1997~

Good evening. (*General greetings*)

This time I thank you for your patience, but it has enabled us to blend with each one of you here.

Les: Good.

You may not realise that each one of you moves on different vibrations, according to your own consciousness. So pauses to blend with each one of you in unison, requires some special work on our part.

Les: I don't think any of us realised that.

No, it is another part of the knowledge, which we wish to bring to you. (*Thank you.*) If you take runners in a race, the more advanced would be quicker and faster along the road, would they not? So it is with your spiritual development and consciousness, which gives to you, whilst inhabiting these heavy bodies, the *right* to vibrate at different speeds of energy.

Les: So we all vibrate at different rates, do we?

According to spiritual development only — of course you all belong to the *one energy*, but if you take the piece of wood, which also belongs to the same energy, the density and the heaviness, isolates the wood from quicker vibration. Do you follow?

Les: Yes we do. So if any of us had virtually no spiritual development, or no knowledge of spiritual life to come, we would be in effect, similar to a block of wood, would we, so far as spiritual vibrations are concerned?

Yes, that is a simplistic comparison, but yes.

Les: Yes it is simplistic I agree, but it illustrates what you have said.

So you see, each one of you within this room, varies slightly, according to your individual developments. Nevertheless, in unison, you become strength and create such vibration, enabling us to come to you. But this time, we have tried to mobilise and bring together, your individual vibrations together as one, in one space of time. Do you understand?

Les: Yes and what particular advantage does that serve? Does it enable you to give closer communication with us?

Not only will it enable each one of you to be closer to those around you, but we hope that it will endeavour us to enable myself to come to you more quickly. That is the purpose of this exercise.

Les: Thank you very much and having done it on this occasion, does that mean you'll be able to do it in future? Does the energy that you have *manufactured*, if I can put it that way, does it remain so that you can use it in future?

It is not static in that sense, but it has enabled us to know how to come more quickly to you. Therefore that *knowledge*, if I may use that word, will bring forth quicker communication next time.

Les: That's most interesting, because again, it parallels what you have said about the power of thought, doesn't it?

Yes, this has not been just *one* experiment I believe you might say, it has taken many of your earthly months to achieve.

Les: Thank you very much, for the effort you're making on our behalf.

I want to tell you dear friends, much is happening in our world, that you are not aware of — much which pleases us greatly, that all that is occurring within this *temple of light*, has brought us much joy, much hope that all good work will continue. I believe you might say, we have achieved a *breakthrough*. For this we will be eternally grateful, to all who enter this house. (*Thank you.*) I wish to say to you this time that the communicator who came to you last time, will return at a future stage, to continue what was to come last time.

Les: Thank you, we're pleased to know that. I'm sorry that I had to interrupt it — not intentionally, but with my question.

It was known, but it must be addressed, when the thought becomes *alive* — it has to be addressed. Therefore do not feel badly dear friend, there will be other times for speaking on the matters, which he brought to you.

Les: Good, we're very happy to know that he will be back.

And once more, it will be when *all* are present.

Les: Yes that's understandable, thank you.

I would like to say this time, that there are some of you, who are becoming aware of flashes of past times in your existence, but who feel that it is imagination. I speak mainly of the lady across the room, the one I believe is known to you are Sallie.

Les: Have you been having flashes of the past Sallie?

Sallie: I don't know — I don't really know.

It matters not, if her awareness at this time is not clear, but she should know that what she receives — and I can say it *will* be clear to her — then she must learn to accept.

Les: Thank you — you heard that Sallie?

Sallie: Yes I did, thank you.

Les: Do you have a question?

Sallie: Well, I don't know — I'm sorry my mind's not very clear at the moment. I'm very grateful for what you've said, I just have a bit of a muddily mind, I'm sorry.

Not to be concerned. Do we have questions this time, before I leave you?

Les: Yes, you were talking earlier of course about the blending of the vibrations of each of us. Would the vibrations of those who are not here tonight, interfere with what you have done when they do come here? Or would you be able to take them into it?

We have as I have said dear friend, worked for many months of your time, does that answer your question?

Les: It does indeed thank you, I had forgotten that — my faulty human memory again.

I did not wish to remind you.

Les: No, we appreciate your tact. (*chuckle*)

I do try, because I understand that sometimes the human element of your souls, can be what you term, '*offended*,' and we wish not to offend anyone, dear friend.

Les: I know that and that's why we love you so much and all of you who come here.

It has taken many aeons of time, for us to discover that human beings, have so many frailties. So therefore in all communications with you, we are very careful in trying to choose our words for you.

Les: You certainly do that and we appreciate it. Does anybody else have a question?

Let us say that for this time, I will leave you and allow those who work with all of you, to come even closer this time. (*Thank you.*) I would ask that anyone who feels any closeness, to respond and to tell you please.

Les: Yes, I hope they will. Thank you very much again for having been here with us. God bless you.

I leave you all with my love.

(General thanks + farewells)

There then followed one through Sue, who gave the name Red Fire, who said he was hoping to work more closely with Sue over the coming months.

There was a brief one through Sarah, who seemed to be coming, to demonstrate to another that it could be done.

Finally there was one through Eileen who asked that in our daily lives, could we send loving thoughts to those lost and lonely souls who find it difficult to come out of the darkness in those realm of spirit. She explained that though it is sometimes thought that there is help enough on their side of life, there can never be enough help: http://www.salumetandfriends.org/resources/1997_09_29+sister-help4lost+in+mist-7mins.mp3

...before we depart from you all this time, I come to you all with a desire, if you don't mind me saying so, to ask you dearly, if each one of you, could send thoughts to those dearly departed, who are so lost in our world. So many send thoughts for those in your world, who are sick, who are lonely, who are in need

of our help. But my lovelies, can I say to you, there are so many in need of those thoughts, within our world. It is thought that they have help enough, but there can never be enough help. So I come to you this time, to ask each one of you that in your daily thoughts, could you send a thought, for the lost and lonely souls, who find it so difficult to come out of the darkness. (We all expressed our happiness to do this) I knew before I came to you that it would be a 'yes,' from you all, but indeed I felt it necessary to come and ask you personally.

Les: Good —there will certainly be a lot of thoughts flowing towards them. (General agreement)

There are so many who need help.

Les: —So many are not aware of what they have to expect.

My task is to help children, who I must say, are not lost for too long, but my plea to you, is for those others, who find it difficult to be helped. It is for them that I come to you, for that extra help.

Les: Those who won't open their minds, to what you want to give them.

Yes, for them and all others, who are in need, I thank you from the bottom of my heart and may I say that all of you will be rewarded for your efforts.

Les: Our reward will be in knowing that they can be helped.

They can and they will, but if only people on Earth would realise that they are not restricted to helping those in the human form. We know you have done much to help those in distress, we know you understand, so for this reason I come to you this time.

Les: We're very pleased to know that our thoughts can be of such help in your world.

I am being instructed to tell you, once more you are being taught the power of thought. I hope you understand that message and I will say to you my lovelies, may God be with you always, may there always be love within your hearts.

Les: God be with you sister.

Thank you.

Les: Goodbye to you and all those with you.

This was then immediately followed by one of these lost souls, who was found:

Hello mister, I've come just for a minute mister.

Les: You can come for as long as you wish.

Yes I just want to say mister, you can be helped, cos I was helped. Yes I was helped. I was all lost in a mist and I didn't know where I was. So I want you all to know that you can help.

Les: Yes we certainly believe we can.

Yes, that's all I want to say mister.

Les: Well thank you very much for coming to tell us. You're out of the mists for good now are you? (Yes.) Enjoying the sunshine? (Yes.) Good, that's lovely. And I know you're trying to help other's get out of the mist too aren't you?

Yes I am mister, yes I am.

Les: I know you are, that's very kind of you and we shall certainly send all our thoughts, as often as we can, for all those who are still in the mists and the dark.

My name's Georgie and you knew a George didn't you mister?

Les: Yes I did

Yes, anyway I'm off.

Les: Ok Georgie, God bless you, we're very happy to know you're in the sunshine. Goodbye to you.

~6th October 1997~

No Salumet this week, but we were revisited by the one who came before (22.09.97) who had described himself as 'a keeper who inspires others.' He had not been able to complete his teaching on the previous visit:

Hello. (General welcomes)

All are in attendance this time.

Les: All that normally come, yes.

Let us continue where we left you last time.

Les: You were talking to us about energy, weren't you?

Am I being heard clearly? (General agreement)

Les: Yes I hope it's easier for you this time? ***(Much, much —)*** Yes your voice is very clear.

There was much to think upon when I left you last time.

Les: There was indeed.

And I wish to say again, to all of you: Whatever you cannot accept, please reject, with love in your hearts and you will not go wrong. Now let that be the end of that. (Thank you.) We were asking questions last time. Do you wish to continue that way?

Les: There is one question I would like to ask: We are all aware and we all accept, I have no doubt, that every living thing, in some degree radiates some form of energy. ***(Yes.)*** Many people believe implicitly, that they themselves can absorb energy, from trees and some go to the extent of putting their arms around the tree, or pressing their foreheads up against the bark of the tree. I wonder whether they would absorb energy, similar to that which is living in the tree. In other words, an oak tree no doubt, would possess a very strong and vibrant energy, whereas another sapling, could possess an entirely different form of energy, or am I wrong in that assumption?

No, you are not wrong. After all, as humans vary in their degree of knowledge and spirituality, so too do those trees of nature, as in all areas of your nature. Some wax and wane in their energies — that should be realised. But let me say this to you: When you say, 'Do peoples absorb the energies from trees and other such items?' let me tell you what is happening. They are not absorbing an extraneous energy, they are blending with the one energy, that belongs to humans and to nature, as you call it. It is a blending of the energies, which belong together. After all, the tree is part of you and you are part of the tree. (Yes.) It is a universal consciousness of energy, to which you all belong. Do you understand?

Les: Yes I think so, but would they gain any benefit, from imagining they are absorbing energy from the tree?

Only in as such, as that blending would create the rising of the energy within themselves. They do not take energy from the tree, but the blending of both, creates an upliftment of energy, which to them, may seem more powerful.

Les: Very interesting, thank you very much. I couldn't quite see how they were able to absorb, what to some extent, must be an energy, though coming from the same source, is nevertheless alien to the energy peculiar to the human being.

Yes, yes, there is much we could discuss along those lines, but always remember that the energies which belong to you, to every living thing — which after all IS living — everything is alive, everything is energy. You must remember this, if you are to begin to understand what this living energy is. After all, do you not feel better, when you come into contact with other human beings and you feel that great pull of energy from them?

Les: From some of them, yes.

Do you not meet others, who you want to remove yourself from?

Les: You're quite right, we do. I have always said that though we don't know it physically perhaps, the auras are attracting or repelling that other person.

Yes, again I repeat to you, your energy depends on spiritual progress. Do we have questions, whilst we are on this subject?

Les: Anybody else have a question on energy?

Silence?

Les: Right I will continue. We're right I believe in accepting, that energy is inherent in and therefore radiating from, every object which we call inanimate. ***(Yes.)*** So of course that is effectively a wrong term, isn't it?

What you must understand and let us clear it for you now: It is not inherent — I do not like the word, forgive me. It is not part of you, you our energy.

Les: Yes I see what you mean.

You cannot be a PART of energy, when you ARE energy. Do you understand?

Les: Yes, now it's pointed out to us, I'm sure we do, but of course we had the mental stipulation that we were only part.

Yes, you must remember, all of you are part of each other, although you see yourselves as separate entities. You all possess the energy from which we all have come. We may be vibrating on different levels — of course we are — again I say it depends on your spiritual development, whilst you are clothed in these bodies. But all of your planet is just one mass of energy, in which you are ALL part. Imagine your seas of this planet, do they not flow and ebb, but still they are there?

Les: Yes, that's quite right.

Imagine yourself as that sea that at times you are stronger and at times you recede, but always that energy remains the same. Do you follow me?

Les: I believe so, it's not easy for us to understand that it remains the same, even though it's ebbing and flowing, or increasing and decreasing I think, would be more understandable to us.

Yes, it is something that we are trying to simplify for you, (Thank you.) because it is a subject which will never be truly understood by people on your planet.

Les: I can well believe that.

After all, you have to understand that this Earth planet is indeed part of the fuller energy of the Universe, of the Cosmic Consciousness. It is a wide area to be discussing, but I have been instructed to try to help you to understand a little more.

Les: Yes I believe we are slowly beginning to understand it. I might perhaps follow that with another question. We all know that our Earth is in an electrical orbit — that's why we have summer and winter. At the same time it is turning on its axis —

'How is this so?' Are you going to ask me?

Les: Yes you've got my question?

Yes, how is this so?

Les: Yes, what is the energy that continues this incessant movement, year after year?

You have to try to understand the Universe. If you can see your planet, in its true place within the Universe, then perhaps you might begin to understand what is happening. You are a universe within many. You are encompassed — each planet, within that universal energy, which surrounds all planets and to which your individual planet, is but one iota of energy. If you are wanting explanations in a physical sense, of why your Earth rotates as it does, then I would be unable to answer, because the answer is too complex, too widespread for your understanding.

Les: Yes we quite appreciate that. It's impossible to explain it to us in terms we could understand fully.

You are but one bubble in a vessel of water. Is not the bubble suspended? Is it not individualised within that vessel of water? (Yes.) If you can visualise your planet as such, then it gives you some small inkling, as to what the energy pattern surrounding your planet is.

Les: Yes I have wondered myself — I haven't spoken about it, but I have wondered, since all is energy, gravity itself is energy —

Of course, now we have some understanding.

Les: So, why doesn't that energy pull the planets from their orbits?

Because it belongs to the wider scheme of energy; energy which has purified in the way that each individual here, differs in their spiritual attainment and spiritual energy. So too, do the planets have their own energy, can you follow me?

Les: Yes, and that counteracts the energy of gravity does it?

Yes, yes, now you are beginning to understand just a little.

Les: Yes that does explain something which has occurred to me in the past, why these two were not in opposition to each other.

You cannot have opposites, in the Great Scheme of Life. There cannot be that ‘tug,’ I believe that is one of your terms?

Les: True, it is.

You cannot have opposition, to what in fact is perfection.

Les: Yes I was coming to that, because there must be perfection, since the creator originally did all this complexity?

You are but a dot in that perfection. Your understanding, as my own is, is very little, in the Great Complex of Life.

Les: So our efforts to attain perfection in our own spiritual development, I imagine would ultimately itself, result in us becoming part of that purified energy?

That would be the ultimate goal and that is what each of us strives towards. And what I have to tell you from my own knowledge is it seems unobtainable, because there is always a wider scope of knowledge to reach out for. You understand that energy is ever-refining itself, towards that purity, which we know as the Great Creation of Love. After all, let us simplify all energy: What is it, but the creation of great love. So each one of you in your own way, whether you fully understand what you are about, whether you understand where your planet lies within its own universe, whether you come closer to that creative energy, let me say this: Please know that each one of us strives for refinement of energy.

Les: That is what we are striving for also, isn't it?

All living things strive for refinement of the energy, to which we all belong. There is no mystery, although you people on this earthly planet, are very good at creating problems, where none exist.

Les: Yes we do create problems, don't we? You may have anticipated my next question. I was going to ask, since there are so many on this planet, who have no conception of spiritual development, does their method of living, which to put it bluntly must be operating in a very coarse type of energy, does that effect what you are trying to do, for universal refinement of energy?

Of course it makes a difference, but we do not work with the energy pattern of one lifetime. (No...) You must understand that as human beings, you have not lived only ONCE, that your spiritual knowledge is far greater, than most of you fully understand. So from our world, we can utilise the spirituality of that person, even if in this lifetime, that energy has become dulled. We would try to utilise that innate knowledge within them, to create what we try to achieve. (I see.) We are going onto another subject, but I hope it has clarified it to you a little.

Les: It has to me, has it to everybody else? (General agreement) Because energy itself can never be destroyed, can it?

How can it be?

Les: No, because even if it were possible, then energy itself, is causing the destruction, so it cannot destroy itself.

Everything, all of Creation, always has been, always will be — cannot be destroyed. It can be altered, it can be changed, but never can it be destroyed.

Les: No, of course that's something which we just cannot grasp, because having in mind the ultimate ending of the physical body, it rather colours our outlook and I think for most of us, it's very difficult to imagine anything, which doesn't ultimately cease.

Why should you be puzzled when I tell you this? After all, you have the knowledge, that you are spirit and you will continue. Spirit is only a word, another word for Living Energy.

Les: Yes I think the puzzlement is always becoming less.

That is what we are trying to achieve.

Les: I don't think anybody has any doubt about that, have they? We're far less puzzled than we were in days gone by and I know I'm beginning to understand the conception of eternity much better.

Yes, there are those on your Earth, who when they leave this lifetime, will become blended with the purest of energies. But I would say they are very few. Most of you who leave these bodies, these useless bodies, when you come to us, but you will need, or desire at times, to return again, to a physical being.

That is only because there has been work, or energy, or however you wish to describe your lives — that there are things undone. You do not have the purity of the energy to go forward, so sometimes the need to return is great. That is when the energy needs to recede and to grow stronger once more. We are on difficult subjects here; I do not wish to confuse you too much.

Les: Thank you for that.

If I have enlightened you on just one matter, then my task has been done.

Les: I'm sure you have, but is anyone puzzled about anything on which you'd like to ask our friend a question. Now is your time.

George: Yes regarding the physical counterpart of our energy, are we—

Stop, stop, stop please. There is no physical counterpart, ALL is energy. You cannot separate. Energy is energy.

George: Yes, I phrased it badly. I appreciate we're all beings of spirit, first and foremost, but a part of our being, is what we call physical, on Earth. On the universal scale, is our condition fairly rare, or would it be fairly common, or do purely spiritual beings, vastly outnumber those beings such as ourselves?

We have to touch upon another subject here. You are counting numbers physically; you are not fully understanding what spiritual energy is. I have to return to what the master has taught you before, that you are more than one. You belong to one energy, all of you, but each individual spirit, has more than one facet to their energy pattern. Is that clear?

Les: Yes we have been told many times that.

When you leave this physical cloak behind, you will return to the whole and only then will your energy show itself, in its truest form, do you understand?

George: Yes, yes indeed, thank you.

It is not easy I know, it is not easy for any of you here on this planet, to understand the workings of the Great Creator. None of us fully understand, but those of us who have extended knowledge, try to bring to you just a little more, in order that your lives here, can become enriched, that your understanding can grow, in order that the energy which you all are can gain in strength and that you all become beings of Love. After all, that is the purpose of your lives. Love, love, is the purest energy, the universal energy — consciousness, as many of you refer to it — love will take you to the very peaks of spiritual energy, if only you will allow it to do so.

Les: Yes, I think we are often our own worst enemies in that respect. If we let our human *thinking* deny what our spiritual side is trying to tell us — I think we've all been guilty of that and probably still are, but I hope much less guilty than we were, before these teachings began.

That is the purpose — that is my purpose, small as it may be — that we bring you more knowledge, in order that you can see yourselves more clearly.

Les: We do greatly appreciate all the teaching and help we are given, because we can to some little degree, appreciate your difficulties, in trying to explain love when love itself I believe, cannot be analysed.

I could not begin to tell you, what the true meaning of this word is. You have to understand that when energy becomes so refined, words are so unnecessary; it is a knowing, it is a part, it is a blending together of all who have attained such positions and it is an on-going course, towards the purest energy that is attainable to us.

Sallie: Could I ask something please? (Yes please.) Love is energy, therefore, fear — fear I would consider as emotion, but it's also energy, isn't it?

All things are energy. Fear is the opposite of love, is it not? Therefore it is energy condensed; it is a less refined form of that love energy, but nevertheless, the same energy. Do you follow?

Sallie: Yes, I hadn't thought about fear as energy. I believe I'm understanding all things are energy, but for some reason —

You did not fully understand.

Sallie: No

No. All of life is energy, all of existence, all of your planets, all of your Universe — you cannot distinguish between any two things. Energy is ONE, whether it is the most refined energy, or the densest, it still belongs to the ONE energy. Do you understand?

Sallie: Yes, yes I do understand.

Do you all understand, because this is the basis of all understanding of energy, that it is only one energy, but in varying degrees. Do you understand please? (General agreement)

Les: Yes I do, does everybody else? Does anybody have a further question on it? Our friend does want us to be clear. **(Yes.)**

George: I think I understand that love would be the purest form.

Yes, it would be the quickest vibration of energy, which you could achieve. And when we speak of Love, we are not using the word 'love,' as you would do here. Do you also understand this?

Les: Yes, your conception of love, which you are trying to give to us, is such an overwhelming love, that we have no ability really, to understand it.

No, but try to find a capability, of at least searching your hearts towards it.

Les: Quite, well we'll do that.

You cannot do more, you cannot do more.

Les: I remember being told by various communicators, that your job here in this life, is to sow the seeds. You may never see the blooms, but continue to sow the seeds, of what you know to be true.

I would like to extend that for you: To be yourself, to be as full of love, as you know how, needs no example, because that energy would stand forth, as a shining example, on its own merit. Do you understand? (General agreement) When you have attained a certain degree of that love energy, then your light shines forth to all who can come forth. And like the question about the tree and the person seeking energy from it, so too does your pure light of energy attract others.

Les: I think I'm right in saying that your being here tonight with your love, has brought a tremendous love into this room.

I am extending the power of love to you ALL. I hope it is being felt, it is an exercise in showing you that in shining forth with love energy I can draw you closer to me.

Les: I certainly can feel it, I hope everybody else can as I can? **(General agreement)**

Can I suggest that we stay quiet for one moment, to let you feel this energy, which I bring to you now? (Yes.) I will then leave you. I hope that what I have brought to you this time, has once more given you something to think about — that you will know, that the Love that you extend to others, will be returned to you, more than you will ever know or understand whilst you tread this planet. Now I give you all part of my own love energy.

There then followed one through Sue, after we had sat in silence as instructed:

I come to bring you only the blessings of love from us all. What I hope you have felt this time — there are no more words that I need say to you. Place your hands my dearest child upon mine, and take with you, for all of you, so much love that my heart is too full to explain.

Les: We can feel it, I'm sure everyone can and we thank you for it.

Send some of this love, to the little children suffering in your world, for reasons which we cannot explain. It will strengthen them in their purpose.

Les: We shall do that.

I send you my love and blessings and say to you, there is someone with you, all of you, who loves you and will respond, whenever they are called upon, in times of trouble. I wish you farewell and good health, happiness and joy to you all.

Les: Thank you. God bless you all. There are no words to thank you for what you bring us.

Finally there was one through Eileen briefly, before we finished:

Thank you for helping me to come through this time. I have to say just a few words before we end this meeting.

Les: Please do.

Someone has been pondering upon their own departure from this life.

Les: Really? **(Yes!)** Dear, dear, dear! *(chuckles)*

And I am not going to tolerate it.

Les: You're not going to tolerate it? **(No.)** Good for you! **(Yes.)** I'm glad you're not, they shouldn't be pondering, should they?

No, there's too much to be done! *(chuckles)*

Les: That's right, you tick them off — I can't.

I intend to, but I will do it most politely. *(Thank you.)* **We will have no thoughts of passing to our side just yet please, because the time is not ready for any of you. so if you wish to ponder, ponder for someone else!** *(laughter)* **That is all I wish to say.**

Les: Right, thank you very much for telling us. So we can work together for some time yet — thank you. And shall we all make a promise that we won't ponder? *(laughter)*

~13th October 1997~

Good evening. *(General greetings)*

Thank you my friends, I am always happy to be with you all. *(General thanks)*

Les: I'm sorry that numbers are low tonight, I know that it does lessen the power available.

Do you dear friend not remember what you have been told, that we have utilised power available here?

Les: Yes you have; I'm pleased to hear that.

Therefore when peoples are absent, it will make no difference.

Les: Good, that's comforting to us. We all have been concerned that it would affect your being here and your colleagues who come and we're very glad to know that it doesn't.

I hope that you found last time interesting for you? *(General agreement)*

Les: It was — every time is, but that was particularly so.

Let me say this to you: This time I think we should speak if you don't mind, about the power of your prayer.

Les: Yes, that would be interesting.

I know each one of you indulges in 'daily prayer,' as you call it. Your invocations to the Great Power, is interesting for us to listen to. But this time I want to ask you all a question about your prayer. What do you think is happening, when you speak your words of desires? Can you answer dear friend?

Les: I will answer for everybody then others can correct me, if I'm not answering adequately for their purpose. It's interesting that you should bring up the subject tonight, because I had wanted to ask you — I can't specifically say that I can think of my prayer as doing anything in any particular way. I hope that my thoughts are being taken in the way in which they are issued and the fact that they are so issued, is sufficient for them to be used — altered perhaps, to meet the circumstances in which you can use them. I wanted to ask you, because I have to admit that sometimes my mind does stray from the prayer I am making and I have to keep bringing it back. I wonder whether you notice that in others, or whether I am not concentrating sufficiently. It does bother me that it happens. *(Others added that their concentration also wandered at times)* I thought it might happen to everybody, so I wanted to raise it.

Dear friend, why are you surprised by my knowing what is in your mind?

Les: No, I might have known that you would have known. *(Chuckles)*

Firstly, let me say this to you: It is not a failing on your part, when you say your mind wanders. After all, it is the human element, is it not? (Yes.) But what is more important, is the realisation of the power of your prayer and what you can achieve from them. All too often your prayers — and now I speak generally about mankind, and not about any of you individually — mankind in general speaks to a higher source of power. All of you know and understand and I have tried to teach you — at least I hope I have given you a little insight, into the power that you all have.

Les: You've certainly given us that.

So what I would wish you all to know and understand is this: That each individual here comes from that same source of power. Therefore your ability is inherent to achieve that prayer, which you speak in words. But because of your human failings, or your denser 'power,' if you'd like to say it that way, you are speaking words to us to help, are you not? (*General agreement*) And of course, because of our extended knowledge, that is what we try to achieve for you, but it is the power of your word, which makes it happen. I want you all dear friends to realise, **whatever you so desire, you have the power to achieve.** Therefore, I want you when next you use your words of prayer, to *know* that that power is within you. After all, each of us are the *sparks* from the same Source. Are you beginning to understand what I am trying to say to you? (*General agreement*) If anyone is unsure, please ask me now, before I continue.

Mark: Are we saying that what we dream for is what actually helps to create the reality?

In using your words, you are expressing the deep-felt desire, which you can obtain by yourselves. The power is within you all; can you not see that? I do not think that you do.

Margaret: When I say my prayers I say them in my thoughts. Is that all right, or do I have to say them out loud?

No, have I not told you that your thought is the most powerful thing you can possess? (Yes.)

Les: I never say mine out loud, it's all thoughts. (*General agreement*) I think we all use mental prayer, don't we? (*General agreement*)

And in using your thought, you can create what you are using those mental words for. Do you see? You hesitate. I do not think you understand me.

Sarah: I don't think I fully understand.

No, no, there is a lack of understanding here. I think that for this time, we will leave it there for you to ponder upon and I will return to it another time.

Les: Would I be right — to help our enquirer there, would I be right if I said that our thoughts are automatically turned into *actions* in your world, when you receive our thoughts?

By using the thought, you create the *desire*. Your thought is the *power*.

Les: So that creates the action, (**Yes.**) which we wish to happen? (**Yes.**) Does that answer you Sarah?

Sarah: Yes it does, but I was just thinking, for example, I always ask for leaders of countries, who are doing bad things, to try and see the *right* way. It helps, but it doesn't actually make it happen —

How do you know?

Sarah: Well I suppose I don't know, but things still continue to happen. Perhaps it's just getting better? I don't know.

What you are doing my dear friends, is giving credit to us — to those in my world, when what you really are doing, is expressing your own thought patterns — whether they be good or bad, you are creating the reality, by those thought-forms.

Sarah: Right, so what I'm asking — in my mind I'm asking for the '*right*' thing, but in actual fact sometimes it may not be the right thing that I'm asking for. So I'm creating '*good*' from my point of view, but it doesn't necessarily —

Les: But if you are asking for the right thing, it must be good, because you are asking for mankind, aren't you? (**Yes.**) So it must be good.

The reasoning behind the thought is what she is trying to express, (*Right.*) yes. But I feel this time, that perhaps your understanding on this matter is not great enough. So I will help you, until I can speak to you again on this matter — (*General thanks*) that means *all* of you and not just the lady.

Les: But if we continue to use our present method of praying mentally (**Yes.**) and try to concentrate more on what we are saying in our prayers, that's all we can do at present, yes?

Yes. Dear friends, I do not want you to feel that I criticise you — that is not my intention.

Les: Of course not, we know that your desire is only to help us to understand more.

Yes, I would like you to know why you do these things — and again I am returning to the power of your *Thought*. Always I will return to that most important subject.

Les: So basically, the detail is not so important, as the power of thought. All our prayers should be doing good in whatever way they can best be used.

Remember this, that as the *creator* of the *thought-form*, you *have* the ability to make it happen. You are not subservient to other beings who take your thought-forms from you and accomplish what you wish. YOU are the main bearer of that thought-form. Therefore the responsibility is yours.

Les: I see, thank you.

But now we will leave it with you this time.

Les: Well thank you for what you have told us, it gives us more to think about and to work upon.

I do not wish to overburden your minds, but at times it is good that you think about these things.

Les: It is good and essential for our own development, isn't it?

Of course and is that not what we are trying to achieve?

Les: Absolutely! Thank you again; we shall all do some serious thinking.

Now, I will take questions if you so wish and if you will, I ask that we finish this time, when I work quietly with this instrument, that you speak quietly amongst yourselves, on whatever comes to your hearts.

Les: Certainly. Yes there was one question I would like to ask please and I know we will all be interested in the answer. I have frequently wondered and I'm sure my friends have, what happens to people who come over to your world, who have been responsible for such diabolical behaviour on this Earth. I will mention the last dictator — there have been many of course, but the last one known as *Hitler*. Now his impact upon the world was incalculable. He was directly as you'll know and indirectly responsible for millions of deaths and a disaster for people, impossible for us even to visualise, because we have not suffered it. How does he begin when he comes over to you? I know there are lower regions and we would think he goes to the lower regions. But I can't imagine where he would be or how he would be treated, or how he would react himself.

Yes, I will try to explain a little to you. (*Thank you.*) You speak of a soul who has committed despicable acts upon other human beings. (*Yes.*) There are many in your world who do such things, even if it is on a smaller scale. Each deed is indeed so wrong; it has caused injury to many souls, many innocents, and of course the soul responsible, places itself into an apt situation, when it returns to us. The soul on its departure, would find itself immediately in conditions, which it has created for others, whilst upon this earthly plain.

Les: Is that so?

The individual you speak of, found himself in darkness, lost within a mist, feeling pain, loneliness, heartache and all the emotions, which he had created for others.

Les: He would feel all that?

He would feel each and every emotion that he had caused to others. He would be destitute within his own pain, his own loneliness, his own anger. It all exists within the region, which he would find himself.

Les: Presumably he would be with others, who had committed similar crimes, against souls here?

Not necessarily — because of the extent of his crimes, I believe you would say, and I will use such words to help you to understand — (*Thank you.*) because of the crimes which he had committed, he would be isolated, he would be lost by himself, until such time as recognition of what he had done comes to him.

Les: Is that so? And that could be an incalculable time, couldn't it, as we know it?

It could be an eternity in your time. We cannot measure time in your earthly years, because when you come to our world, time is not negotiable, as you will understand.

Les: But he would have to suffer for that whole period, whatever we might call it?

He would and only, *only* at certain time of his own recognition of what he has done, would he then be joined with others of like-mind.

Les: I see, so it would be a very, very slow progress upwards?

He could not possibly remove himself from such conditions, unless the recognition of the pain and the suffering, which he had bestowed on others, was recognised and he was truly repentant of what he had done. Only then, could those in our world — and let me assure you, that although he would be '*lost*,' if I may use that word, within those terrible conditions, he is surrounded by those who work and are trying

to help him. No soul is ever lost; there always is a spark of good in each soul, even if it takes many, many aeons of time, for that recognition to come.

Les: Yes, that brings me to the second part of my question, if I might: During the time he was here, he would have been exercising his free will. Within the exercising of that free will, there would be motives of course. To him of course, his motive would have been 'right' and 'just,' in his own opinion. **(Yes.)** Now again presumably there are those in your world, who will assess the *correctness* of his motives, or whether he was deceiving himself, before he was condemned to that utter loneliness?

He would be told and instructed. You have to understand that when the soul leaves this world, there is always recognition of the knowledge which he has, which should have been done, the knowledge from those who have been there to guide him. It is instantaneous — it is difficult to explain to you, until such time as you return *home* to us. That knowledge would be *there* for him to know instantly, as he enters those conditions that he is suitable for.

Les: So basically, he would know that he has been responsible, for the conditions in which he now finds himself?

He will have the knowledge, of what he has done. But whether he recognises that *he* is responsible is another matter. You understand?

Les: Yes, that clears a point, thank you. Everybody understand that, *(General agreement)* because I know all of us have been concerned at one time or another, as to what happens to such people. So you now accept the answer that Salumet gives us? *(General agreement)*

Sarah: Yes, just one point. I think it was George that mentioned that Hitler had syphilis, which left him off-balance —

George: Which led to a condition we call '*megalomania*,' which may well have had an influence on what he'd done.

Les: But he was still responsible you see, for having contracted it—

His free will enabled him to act in the way that he *chose*. Always remember when you speak of the actions of others, that even as you are human, you have the innate knowledge of Spirit within YOU. It is only when the human clothing is dropped, that *all* is clear. In saying such words, you are I am afraid dear friend, making what you call '*excuses*,' for the soul.

Sarah: Right, thank you.

You understand?

George: Yes it puts that in perspective.

Les: Thank you very much.

Now if you are willing, I would like some time to work with this one. *(Eileen)*

Les: Yes of course, thank you for your sufferance of my questions. We do appreciate it.

I thank you and I appreciate your tolerance and you time.

Les: God be with you, and our love goes with you too.

We then began a discussion about prayer. Les suggested we send out thoughts for the good of humanity, to those on the other side, who have much more knowledge, to convert them to their own usage, because as Les put it, 'Their power of thought is infinitely more than ours and is capable of accepting the charge we are giving, to their batteries.'

There followed a rescue through Sarah, which Les dealt with quietly.

Finally there was a cheeky one through Eileen (Aris or Harris), to end the evening on a light note. He was a farmer whilst on Earth and was fond of cows and now spent his time, helping vets look after cows. He wasn't too happy with vets, but said he could influence their hands, as they worked on the cows.

~20th October 1997~

Good evening.

(General greetings)

Let us begin this time, with thanks for this union of Spirit. Let us give thanks for all that we receive. Let us send these thanks, without the spoken word this time. May each one of you receive the love, which you are entitled to.

Les: Thank you.

Before I speak with you, I wish to say a few words this time, to the one who is known to us as Lilian. This lady will need upliftment and help in the coming months. I would hope that this will be forthcoming from you, as it will from our side.

Les: Of course it will. We shall be very pleased to help her in any way we can.

I would like her to know that she is surrounded by many. Much love is already sustaining her, but she will be in need of a little more.

Les: Thank you for telling us. We will all try to subscribe to that.

You also my friend, are feeling a little tired, are you not?

Les: Yes sometimes I do.

Don't be concerned — know that we are constantly with you.

Les: Yes I'll do that thank you. It's encouraging to have the confirmation.

Now, this time if I may, I wish to touch upon something which we spoke about last time. (Yes —) You asked what happens to people who you term, 'evil,' in this lifetime and what happens to them. I hope I explained briefly to you, that which does happen. But on this occasion, I would like to say to you all, what you should be trying to achieve, each one of you whilst you tread this Earth. My dear friends, when you make a *chance meeting* with someone, it is not chance; **there is no such thing as chance meetings — all is ordained to be.**

Les: Yes we can accept that, because we've all come to that conclusion, that the main things are certainly never chance.

I know that you fully understand those words, but what I want you to know and to understand fully, is this: **How you view that person, is how you view yourself. How you think of that person, is how you think of yourself.**

Les: Yes, I think we understand what you mean — since we are part of him and he part of us.

Yes, and in doing so in these meetings of all peoples, dear friends you either find yourself or lose yourself. Do you understand what I tell you?

Les: Yes, you're referring to our actions, when we meet such a person whom we might consider to be 'evil,' by our reactions we find ourselves or lose ourselves?

Not only 'evil' people — *all* persons. In other words — again I reiterate earlier words: **Do not judge, because what you do is judge yourself. If within those people you find fault, then what you see are your own faults.**

Les: Yes it's difficult to grasp, but I think we understand what you mean. Of course we cannot disassociate ourselves from anybody else.

If you do not understand these words, then you will have problems in understanding what you are about. Therefore I feel that I should continually remind you of the power of your *thinking*, the power of your *judgement*, the power of your very *being*. These are simple words, but behind them lies powerful meaning.

Les: Yes it does come back to what you've told us before more than once, that we must think of ourselves as *spiritual beings* and not as *physical beings*.

In saying this I will return to our discussion last time, perhaps then you can understand that in the thinking of the person you named, (*Hitler*) came back to him everything he had thought about, in all the destruction of those many peoples. Can you now begin to understand, why these peoples would be lost for such a long time?

Les: Yes — we could have been in that position.

I would say that each one of you within this room, has lost themselves — the true essence of themselves, on many occasions. But the difference being, that you know and understand 'good' and therefore you have rectified hopefully those negative energies, which have been sent forth from you. Do you understand?

Les: Yes we do, because again it is not *good and evil*, but *force and counter force*, isn't it — which you have spoken about.

You must have balance within your lives, but you must endeavour always to reach out for the very best within you.

Sallie: Could I ask you a question? (*Of course.*) As I understand it, when we meet other people and we manage to see goodness in people, my feeling is like a mirror, a mirror of the goodness perhaps that we have within us. And when we have relationships with people, who reflect something which we find very, very difficult to understand, or that we don't like, that's also an opposite mirror somehow, within us.

Yes, the fault lies within your soul, not with the other person. Judge not and you will not be judged. I know it is difficult for you, when you think that you encounter another (*who*) as you say, 'mirrors evil,' of works that you do not approve of. I know you find it difficult to accept that it could possibly be anything to do with your own thinking. I tell you here and now dear friends, judge not others, until you are yourselves sure, that you be perfect — and whilst you tread this Earth, you cannot be that. But what I do say to you is that you must strive towards only good and that includes finding the spark of goodness, in every soul, which you encounter. So yes, you are correct in your assumption.

Sallie: So if I come across somebody who mirrors something that I find uncomfortable, or displeasing, the only way I'm going to stop seeing that mirror, is to find where that lies within me?

You send out loving thoughts. In that way, you dispel what you term 'evil,' but which is in fact an aspect of the soul, which you have not come to terms with. It may not be that what you find upsetting, belongs to the soul or spirit of this lifetime, but is an essence of that soul, which has not been dealt with at one time or another. Now do you begin to understand? (*Yes.*)

Les: Yes that I think we do forget, that there are many souls that have to be considered.

Yes, it may be that in this lifetime, your actions have been almost exemplary, but never forget there are many aspects to the soul and it is the *spiritual* aspect which reflects through, when you make judgement upon another.

Les: So from what you are saying, we ourselves could conceivably through ourselves, have been responsible for that person's ill-doing, in the past?

There are many conditions which could apply here. I do not want you to limit the options, but only to realise, *do not judge*, because as the lady has aptly put it, they are mirror reflections, if you find them displeasing in another. Do you understand, because I feel a little hesitancy on your part, may I say.

Les: Perhaps the hesitancy is only because we are trying to work it out.

I would rather we discussed fully this time, in order that all of you can at least begin to have a clear picture, because I do feel that until you accept these conditions of self, you limit that goodness within yourself, to go forward. Do you understand? (*General agreement*)

Les: It's not an easy thing for us to accept, as you'll appreciate.

Of course not, I do not expect you to fully understand, but if at least you can reason with yourself — and after all you have all knowledge, if you so desire — if you can reason and look within, then the answers become easier for you to accept.

Les: Yes I can see that they would do. So each of us has to do some very deep thinking on this, (*Yes.*) which leads me to another question: If everybody gave out loving thoughts towards an 'evil' person, could he be prevented from performing those 'evil' actions, because of the love that was expressed towards him?

It would indeed help, but it would depend on the power of his own thought — it would depend on the power of his free will, which you cannot — you cannot take charge of anyone's free will, you cannot have power over that, but you can influence for good, yes of course you can.

Sallie: Would one other theory apply as well? Where at a previous time before we decide to come back to Earth and live this particular life, while we were in spirit form, we or groups of us made a choice to actually

come back and work on a particular area, where we perhaps did poorly. If that's one possible option amongst the many, would we then be given opportunities, to see that fault mirrored, to give us experience in trying to rectify where we had made mistakes before?

Yes, let me say this to you: That is no theory that is exactly what happens. I believe we have spoken about this in time past. Of course you fully know and understand why you return and the opportunities are presented in this lifetime for you to achieve those goals, if you wish to call them such. Of course the opportunities are there, and that is where your free will comes into play of course and that is where you either *find yourself, or lose yourself.*

Sallie: Somehow it helps me and I imagine it helps others, to sometimes think that when I'm in these situations, to think I've actually chosen this, to put right a wrong, or to assist — I'm not sure why I said that, but I just find it helpful.

Yes, let me say this to you dear friend: In whatever way you find — and each one of you after all, is individual in your ways of living — if you find certain conditions are right for you, if you find that it is easier for you to accept, then by all means accept; whatever conditions you wish to reject, then also do that, because your individuality, makes this something which must be done for your own self-good. Do you understand? (Yes.) Whatever you find is right for you, that is what you will achieve. Go along with your heart's desire, because you have the innate knowledge to guide you, to uplift you, and to help you.

Sallie: Sometimes these decisions that we make with our innate knowledge, or our *inside*, are conflicting with our rational mind, but they are nearly always right, aren't they?

Of course, because what you have is *spirit* versus the human personality. Always your inner knowledge will win, because it knows no *wrong*. So be guided by that still voice within — always, always.

Sallie: Thank you.

Les: Yes to confirm that Sallie, I could say that many times when I've had rescues to deal with, I have sometimes physically not wanted to help, but something within me has made me continue, until that person *has* been helped and that must be the spiritual knowledge, of which we are endowed.

Let me just say one more thing about this please: There will be peoples in your world, who you feel the need to step away from. There is a difference between stepping backwards from that person, than trying to make judgement upon them. There are peoples you will not be able to make contact with. But that is not the same as making judgement. Do you understand that difference? (General agreement)

Les: Yes, it is quite an important difference, isn't it?

Yes, you must make that difference — you must differentiate between the two.

Les: So if we step back, we are not in effect going to be *condemned* for that; **(No.)** not as we would be condemned if I can use that word, for making judgement.

Yes, it is better that you step back, give loving thoughts and move onwards.

Les: I see, thank you.

Sallie: It's just *knowing* who we should be stepping back from, and who we should be persevering with.

Why do you need to *know*? Listen to that inner voice and all knowledge is *there*. You do not make judgements; you are speaking of physical judgements once more.

Sallie: Again it's just going within yourself?

It is the *spirit* who knows which individual you need to step away from. You have *all knowledge*, each one of you. I would wish that you could cultivate this *knowing* more. You can only benefit from it, you can only come to know and understand yourselves more *fully*. And in doing so, you have extended your love throughout this world, this planet, where all situations become less grief-stricken to you; your judgement becomes sharpened, because that *inner voice knows all*. I ask you all dear friends, to ponder my words this time, because I ask you all to cultivate this knowledge within you, to cultivate the understanding for one-another, to expand your love for all human beings upon this planet. In doing so, you create your own '*heavens*,' if I can use that term. You will create a heaven upon this Earth, if only you could fully understand my words this time. And that dear friends, would be my desire for each one of you.

Les: After what you have said Salumet, I think we shall certainly all be trying very, very hard to understand ourselves more fully.

It is imperative, if you wish to develop fully, that spiritual aspect of you, whilst upon this Earth. You need to grow — you cannot allow yourselves to become stagnant in knowledge. After all, knowledge of *spirit* is endless. I do not want you to wait until you return to us, before you can continue to grow fully. My desire for you all dear friends is that this task be started, whilst you remain in these bodies.

Les: It certainly would be for our own benefit, so we'd be rather foolish, not to heed what you say.

Now we will leave it there this time and if any one of you wishes to return another time with questions, I will be only too happy to answer them for you.

Les: Thank you, I think we all appreciate that, because in our attempt to understand ourselves, I'm sure there are going to be things which we must question individually because of lack of understanding. So if we might ask questions another time, I'm sure it'll help enormously.

I fully expect many questions.

Les: Good. Right, now we start learning! (*chuckles*)

Now, do we have any questions this time?

Les: Yes I have one, which almost has a bearing on what you've been saying. We hear many times of course that a woman who is carrying a child, must/mustn't do certain things, because of its effect upon that child. That led me to wonder whether the mother's spiritual awareness, would affect the development of the spiritual awareness of the child, while it is within her womb, because you have told us that the soul arrives at the moment of conception.

Yes, I understand your question. Of course the spiritual aspect of the mother and the child, have previously made the '*contract*,' if you like, of joining together at the time of conception, through to birth. That spirit or soul, would already know that this was about to happen. But once you have incarnated into *flesh*, then memory is often erased. But spiritual knowledge can never be erased. So the spirit aspect of both mother and child know fully what is expected of them. It perhaps seems strange to you, but we speak upon two separate issues here. The foetus within the mother's womb, of course has to apply to itself the issues of human life, within the cloaks of bodily tissue. But the spiritual aspects of both mother and child, know what is expected, and what will happen. So no matter what the *physical* outcome is, the soul knows what is about to happen and nothing can alter it. Do you understand? This is a complex issue and one I do not think you would understand fully, because we are speaking as I said, on two separate issues here.

Les: Yes, because the soul of the mother would have free will presumably. And if because of that free will, it departed from what had been agreed before conception that surely would affect the spiritual development of the child?

No, no, we must make something clear to you here and now. Whenever there is abortion, and I think perhaps that is one issue that you have in mind — that is already *known*. Only when the child comes to full term and is born, is there the opportunity for interference. Do you understand? (*I see.*) That soul — let us speak of the *soul*, rather than the child. If that *soul* is to be aborted, it would know beforehand.

Les: Yes, that's part of the prearranged plan then?

I would say in most cases — there are the odd cases, when there are alterations to plan, but the soul would know of this beforehand.

Les: I see, yes it certainly is complicated, isn't it?

It is complex issues and something, which we have touched upon, but mainly when the soul affects another, it is not a mother and child — that is too soon and all would be known beforehand in any case.

Les: Yes, this is what's difficult for us to understand fully.

Yes, I do not feel the time is right for us to enter into this topic, because your knowledge at present is not fully comprehensive enough. I do not mean to push you aside with your question, but what would be the point in explaining to you, when I know your understanding would not reach out and touch and fully understand.

Les: No, you're quite right, there wouldn't be any point. So as far as I'm concerned personally, I've got to do some more thinking, to try and understand the complexity of the existence of the soul, within the physical shell.

Can I say this to you dear friends? (Yes please.) All of life is never as simple as you may feel. There are many complexities, when it comes to spirit, enjoined with the human body. It is never as straightforward, as is sometimes spoken of in your world.

Les: I'm beginning to realise that.

Therefore, I wish you to try to know and understand, that that is why people such as I, come to your world at this time, to put right any misconceptions, any ideas which have been put forward, which have been simplified to suit the human mind. You understand? (Yes —) And much of this has taken place in time past, not because of any grievous intent, but because knowledge was scarce, communication was not as well-founded as it is in this time of your existence. Therefore as we progress forward, it is imperative that knowledge grows also and be given its true status within your world.

Les: That's beginning to make it a lot clearer and I remember now, something which was said many years ago by somebody from your side: *'Your life here, is full of contradictions, which you'll never fully understand.'*

That is most apt, and that is one expression I fully agree with and one which I will try to help all of you with, in your understanding.

Les: You certainly have helped all of us I believe tonight. (*General agreement*) I could never quite understand that phrase, *'life being full of contradictions,'* but now you've clarified it for me.

Yes, if you do not have contradiction, then you have *static energy*. (Yes —) How can that be, in an everlasting expanse of energy, to which we all belong? You cannot, it would not make sense and I would not be doing my work, if I told you these things. I wish to dispel any discrepancies which have arisen, not because there have been mistakes — that I cannot accept, but people who have brought knowledge to you all in the past, have been limited by their own knowledge. You understand?

Les: Yes I do — that also gives clarification to much.

Too often we hear within your world people say: *'Why does this one say that, when another says such?'* They can only express what they know. It makes neither one nor the other *right* or *wrong*, only different. Do you understand my words?

Les: Yes we do understand them fully, thank you.

Now I think for this time I have given you much to think upon. I know we will return and hopefully answer your queries, because I know there will be many. But I hope that you reach the understanding, of how deep and how complex you human beings are. And that you must search within these shells, these outer shells and go deep within, to find the *true you*, in order that you can reach understanding and knowledge of that part of yourself, which is the *real you*.

Les: I think you have opened many doors for us all tonight and I'm right I believe in thanking you on behalf of everybody, on what you've said; it is a great lesson for us all and we do appreciate it.

I leave you with only one thought, let it be this: **How best can we extend that love for each other, how can we grow, how can we come to know ourselves? Think upon these words dear friends and you will see the unfoldment of that inner knowledge come to each one of you. Until we come together once more, I leave you all, I thank you all, I ask that that *Great Creative Force*, be with each one of you, in your understanding. (*General thanks + farewells*)**

There then followed a nun through Eileen, whose thoughts were not always as 'pure' as she would have liked, which connecting somewhat with what Salumet had been speaking about earlier:

—I don't know why you need to know this, but I'm told I have to say that my thoughts are not always pure.

Les: Well you're in good company. (*chuckles*)

Ah! I see, that is why I have returned is it?

Les: That's why you're very welcome! You're one of the fraternity now. Our thoughts are certainly not always pure. (*more chuckles*)

But you see mine should have been, but they were not. Anyway, I have to tell you — oh dear, I find it difficult even now to repeat what I felt. I was not too kind to the mother-superior.

Les: We can understand that.

She was rather harsh at times and my image of her was that she was rather a little bit of a dragon and I should not have harboured those thoughts.

Les: Well you can hardly help it when you're in the company of a dragon, can you?

But what I need to tell you all is that I had to confront that thinking, when I went to Spirit. That those thoughts faced me squarely, when I reached Spirit and I was shocked, because I thought I had hidden them well, (chuckles) but let me tell you all, nothing is well hidden.

Les: No, so we've been told tonight actually, and in the past.

Perhaps that is my purpose, to reinforce those words.

Les: When you say they faced you squarely, you were conscious of them mentally, were you?

Oh yes, my thinking was there in front of me and I was not honest, was I? I was not honest in my thinking, so therefore they returned to me.

Les: Well, I would doubt that, because you probably were honest in your thinking, but that honesty wasn't suitable for your spiritual development.

Yes, because I was devoted to Truth and I was not showing Truth was I, I was harbouring doubts and unkind thoughts.

Les: You were *supposed* to be devoted to Truth, but how can any human being be fully truthful all the time, every time?

No, you cannot. But that is the sad part of the people who join — I nearly said 'profession,' but of course it is not, it is a calling. But I think we are supposed to honour and look up to our Mother-Superiors.

Les: Yes you're supposed to try to, but I don't see how it can reasonably be expected that you would do.

I know now that it is impossible — we are human. But no matter, what I need to tell you is that all thoughts that you think are shown to you and you have to make judgement upon them.

Les: Now you've got us really worried. (laughter)

Well, perhaps I have come to the right place after all. I spent many devotional hours I have to tell you, in saying sorry. But still I was faced with all of my thoughts, which I have to say, rendered me so helpless, speechless.

Les: Because they're living things thoughts, aren't they?

Yes, you cannot dispel them, they are always there.

Les: They are always there, so it does behove us all not to have the wrong thoughts, if it can be avoided.

(Yes.) Then again, we have to accept that we can't always have those pure thoughts.

Oh I know you are speaking to the right person! I know full well what you speak of! (laughter)

Les: Well we're very happy to welcome you into our group you know, because you're one of us. I don't want to bring you down to our level, but —

May I ask what 'one of you' are?

Les: Like you.

Oh no I don't think so, we would never have allowed men! (laughter)

Les: There are ladies here too and they are just as untruthful as we are. (more chuckles)

Well, we'll see, the reckoning time is coming for you all!

Les: I know, don't remind us.

No, and I do have to tell you one other thing, I may as well confess all, may I? Yes, I had the most beautiful rosary beads given to me by my father, when I entered the convent — and I hid them.

Les: You hid them?

Yes and I am not about to reveal where!

Les: Why did you hide them?

Because they were not permitted, they were much too grand.

Les: Were they?

We had wooden beads.

Les: Of course — simplicity.

Yes, they were the most beautiful mother-of-pearl you could ever wish to see.

Les: Do you have them now?

Oh yes, I have them with me! But of course you cannot see them I don't suppose.

Les: But as long as you've taken them out of hiding, because the gift was one of love, wasn't it?

Of course, and how can such beauty be wrong.

Les: No of course it can't. This is one of the contradictions we have to face all the time.

I have learned so much I tell you, since I have come here — I enjoy the communication with other people — that is something I sadly lacked and missed. Again I should not have thought that way, but there you go. I know now, I probably should not have entered the order. I had too many doubts —

Les: None of us propose entering anything! (laughter)

Oh well, what can I say? I am lost for words and that doesn't happen very often. I think you could be doing with a few Hail Mary's.

Les: Oh thank you. Will you do them for us?

Oh no, you do your own. No I am only joking, I would not dare to put that upon any of you.

Les: No, that's the human side of us coming out.

Yes, you are your own judges, know that too. There is no judgement upon you. Know that also that you face up to what you have done. All will be shown to you, I assure you of that! (chuckles)

Les: Right, that's very much indeed for your comfort! (laughing)

Yes, I hope I have not led you to have a sleepless evening. I did not wish that to be my intent! (more chuckles)

Les: No, we shall probably be doing some self-examination. I think I must put my thoughts in a sealed bag!

Yes — they will escape! Don't worry. Never mind, I've enjoyed myself everybody, thank you.

Les: We've enjoyed having you, thank you very, very much. (General agreement)

It's been lovely to be with you.

Les: You feel happier after your confession now?

I've already given it to others, so I'm not too concerned. But I thought I'd tell you anyway.

Sarah: Do you get on well with Mother-Superior now?

Yes of course I do. She's not so bad — I know now that she was a good person. It was my thoughts that were not quite up to scratch, I think you would say.

Les: Like ours.

Yes, but there you go, that's personalities for you. And we cannot like everyone can we? It matters not what anyone tells you, if you are human you have failings.

Les: Quite, and some of them are enjoyable. (more laughter)

I wouldn't know about that you see. I was deprived of much, I have to tell you — we will not enter into that conversation. Now, yes I think this one (Les) needs to be taken in hand. (more chuckles) I will leave that task to another. I can come back another time, if you would like?

Les: Yes please. Are you going to give us a name to remember you by?

All right, I'll tell you the name I was known by shall I? (Yes please.) I was known as Sister Veronica — (General thanks and cheerful farewells)

~27th October 1997~

At the beginning of this meeting, Les told us about a most distressing incident involving his family in Canada, who were attacked by a violent thief, resulting in the loss of life and the possibility of a child suffering brain damage. This was the boy that our healing thoughts were directed to and which Salumet refers to in the transcript.

Good evening. (General welcomes)

Let me begin this time by upliftment for you all. I feel the sorrow in your hearts, which I will speak to you about. But firstly allow us to come closer to you, in order that upliftment for you all can take place. (*Thank you.*) I hope dear friends, that indeed you feel just a little lighter now. (*General agreement*) Let me say this to you my dear friends: As you are stunned and shocked by such news as has been given at the beginning of our meeting this time, let me say this to you: We fully understand your reaction, because you are human beings. But let me return to what I have said to you in the past that these 'evil' deeds and *atrocities* as you call them, are dealt with on the spiritual level, in a different manner. Spiritually, these 'evil' people as you call them, are seeking for themselves the energy of love and light, because they cannot by themselves move forward and are 'stuck,' if I may use that phrase, in the *darker* energies, or the *coarser* energy, because of their free will and their mode of human living. I know this does not make it any easier for you to accept, but if you could look upon it in a *spiritual* way, your understanding of these 'evil' deeds, that mankind do to one another, may become a little clearer. Do you understand my friends?

Les: Yes we understand what you say. Of course it is extremely difficult for us to be sufficiently developed spiritually, to accept that fully. We want to, but still our human emotions somewhat prevent it.

Yes, I understand and accept that you are limited whilst in these bodies. You will never fully accept what you term 'evil doing.' But let me say a little about the person that your thoughts have gone to. Although that soul is young in your earthly years, it is an old soul, who spiritually will be able to cope with what has happened. I know these words are difficult for you, but *try* dear friends, *try* to look upon it more spiritually. Open your hearts, know that *goodness* will always be the winner of evil deeds.

Les: You know that the boy is an old soul, do you then?

I tell you this I do. (*Thank you.*) Although it does not make this lifetime easy for those who are around him, the soul will cope with this lifetime.

Les: That is somewhat of a comfort to them — thank you, because my daughter will hear these words and will I hope be able to give some comfort to those around the boy.

Know always, that those souls who have moved in this direction, who have used their free will in negative ways, who have lost themselves and committed these deeds which you human beings find so atrocious — they will be faced with what they have done. Again we return to what I told you last time: You cannot escape deeds, actions, words, thoughts — any aspect of your daily living is noted and shown to you, when you return to our world. It is no comfort to you I know, but all that exists is balanced — no one can escape their own judgement. Know then that this soul, who has committed these deeds, will have to face those deeds, when he returns to us. Try to look it in the eye spiritually and understanding may begin to come forward to you.

Les: Yes I think we can understand it a little more, if we remember what you have said about the soul being aware of the circumstances that will face it, when it returns to this Earth.

Yes it is the human emotion, which plays such a large part in your lives and of course why should they not? That is why you have come to this planet, to be human, to live as humans, to learn; but in so doing, to bring forward to the fore that spiritual aspect, which encompasses all things and which should make your lives upon this planet *much* more comfortable. It would not matter what terrible deeds would happen around you, if you could but attain this knowledge, which each one of you has within.

Les: Yes, when I look back over what you have taught us over these years, I can understand more fully, why people go into monasteries and to closed orders and in effect withdraw from the world. I don't say that is the *right* thing for them to do or *wrong*, I begin to understand more *why* they do.

Always try dear friends — judge not another, because you do not know their life passage, you do not know what they have chosen to do. Therefore judge not any *one* of your fellow men, because in doing so, you would be in some way interfering with their life pattern — and again, I touch upon the pattern and power of your thought. It is a complicated subject for you to accept, as many things I have brought to you have been, but nevertheless the *more* we discuss them, the *more* questions you ask, the *more* I try to simplify these things for you, and the *more* your wisdom, knowledge and understanding, will come to the fore.

Les: It certainly has been doing that, no question about it. I *know* I know infinitely more now and *feel* infinitely more, than when you first began coming to us; and for that I'm profoundly grateful.

I do not want you to be grateful. After all I come only to bring you *Love* and to help you to gain a little more understanding and knowledge, because my dear friend, in doing so, you then become the emissaries of such knowledge. Do you not see? In doing this you go forward and you extend that knowledge, you extend your love and your wisdom and *all* that you desire for human kind.

Les: Yes we can understand that, that we can give to others what you have given to us.

It, my dear friends, should become natural to you after some time, it should not be a preconceived thought, that it should be given to others by the way that you conduct your lives. You understand?

Les: Yes we do and I think all of us now, are able to, as I have said many times, teach by example, rather than by words.

That is what I would wish for you and I would say that in the main, that is what you try to achieve. I do not say each one of you can achieve it fully, nor would we expect you to whilst clothed in these bodies. But in saying this, your *spirit* has allowed the knowledge to come forward and it will be used wisely, I know.

Les: Going back to what you said about not judging, if we do presume to judge, I think we could say also that we are in effect, judging ourselves, in so-doing?

Is this not what I said last time? In seeing others, you see yourselves. In judging others, you are judging yourself. Can you not see this?

Les: Yes, it's something else for us to *ponder on*, as you would say.

Yes, this is always my desire that I bring you new thoughts that you may think upon each time I leave you, in order that you *grow*. I don't mean *grow* in the human sense, but that wisdom that is innate within you, but sometimes needs a little helping hand, that that knowledge and wisdom comes forth. That is what we are trying to achieve on this Earth planet.

Les: I think everybody here would agree that you have opened many doors and many aspects and we all do a great deal of thinking after these meetings I'm sure. Does anybody deny that?

George: No, I would say going forward in this way, is a great joy and pleasure.

Yes, because with spiritual knowledge, there comes *love* and indeed *pleasure* as you call it, because in your growing, you are extending that wisdom, all-encompassing love, which after all, is what we are all about. You understand?

Les: Yes, I think you've shown us all, a far greater depth of feeling and understanding, in what you have told us.

May I say one last thing about this? (*Please.*) That when the emotions are quietened, then truly understanding begins. When you can control the emotion, *the human emotion, the human element of the soul*, then indeed the understanding spiritually becomes greater.

Les: Yes I must admit that I've been much better able to control many of my mental emotions, since you began teaching.

Yes, that is something that many of your peoples do not fully understand. Too often we hear remarks like, *that person is hard, because they show no emotion*. Let me say these tender emotions belong to your human form. The *love emotion* is the *one* that belongs to spirit. And I use the word '*emotion*' here only in the context that that is the word you use to express so many feelings.

Les: Yes I would agree with what you say, because in the past I have been called *callous* and *unfeeling*. **That should not concern you, because you know dear friend, that that is far from the truth.**

Les: Quite. No, it didn't concern me, but of course it's not possible to explain to others, what you've just told us, that those human emotions have to be controlled, because they're of no value, to progress.

It is natural that you have these human emotions, because you are human. But what you need to cultivate, is *unconditional love for all mankind*. And after all, *love does not judge*. Again as always I have to repeat these words to you, because they are important in the development of each one of you.

Les: Of course. We don't mind how often you repeat them.

I can assure you, that we will use many words, many times, on many occasions. But in doing so, I hope each time we speak these words that your understanding grows. It has grown much since we came together; I hope you feel it, but I do not think you fully understand just how much.

Les: No, probably we don't; it's been a gradual thing.

Yes, that would be our intention that knowledge and wisdom do not come to you so easily. Now do we have questions this time?

Les: Does anybody have a question? I always seem to monopolise — does somebody else please have a question?

George: Our understanding is very limited with respect to we humans. I think it helps to visualise things in a simple way sometimes. In thinking of spirit realms, I sometimes think of a ladder with many rungs. A few rungs up from the bottom, there is a balloon attached and that I think of as planet Earth. When we go into spirit, those who have had what I might call *reasonable* lives, perhaps go onto the rungs that are close to Earth. Those who have reached more enlightenment, progress further up the ladder and those who have done extremely poorly, perhaps go to the bottom rung and perhaps you would say, will take aeons of time to work their way up. Does that seem a sensible sort of *rough* visualisation?

Let me reply this time to you. It matters not what each one of you visualise in your own way, to bring you closer to spirit; if this visualisation brings you nearer to understanding, then so be it. I would not question your methods, because there is no *one* answer for each individual on this planet, because after all, you are individual and you will use your thoughts in your own individual way. So I would say to you sir, continue with your visualisation, it is as good as any I have heard described. If it suits you, then continue to use.

George: Thank you. Could I go on to refer to the between-worlds counselling, that has occurred here?

(Yes.) With that visualisation in mind, I would think that *mostly* we have had visits from souls, who are in the realms close to Earth, from those rungs on the ladder that are close to Earth. But would it be conceivable that one might have souls from the bottom of the ladder, brought along for counselling, or would that be impossible?

I believe we have spoken much, but I will try to answer your question more fully. Those who come to our world, each one is faced with all that has gone before. You know and understand that each soul goes to the destination most apt to it. Those who are lost, you cannot *class* I believe, as souls who have caused much havoc in your world. You know and fully recognise that those souls closest to this earthly plane, return and are returned to you, for help. But they can only be returned, if they are willing and they are ready spiritually to be helped — that is the knowledge that we have in our world. They are then returned and as you fully know, rescue takes place between our world and your own. Now those souls who you speak of as going further down your ladder, are those lost souls who are indeed lost and can for many aeons of time, remain in *darkness* spiritually. Only, and *only* when they are ready to be helped, would they possibly be returned to this planet for help. But it is most likely, that because of the condition of the soul that the help would be from *our* side of life. Does that answer your question?

George: Yes that does help, thank you. It's a point I had wondered about.

I do believe that our good friend could explain a little fully for you. But I do not wish to dwell on this for too long. Perhaps afterwards my dear friend, you can explain why we bring others to you, to be helped, more fully?

Les: Yes surely.

But those souls, who are indeed lost for aeons of time, we are speaking on something entirely different from those souls brought to you. They only will be returned, if we know it is time for them to be helped.

(General thanks)

Les: Any other question?

Mark: Yes I've got a question. A while back we thought there was a visitation from Hitler, but later on we thought that it possibly wasn't, but I'm still not sure. Would it be possible to have this confirmed, or some information as to what was actually going on and why it happened?

George: Perhaps I could add that it did seem very, very genuine at the time and I did have that particular case in mind. (*re: previous question*)

Yes, we have spoken have we not, about this? Did I not confirm for you, that someone who has *gone, gone so wrong in their lifetime, shall we say — it would not be possible for them to return, in such a short space of time, unless they were truly repentant. Let me confirm for you, I know of the soul you speak of and I have to tell you, that still he remains lost.*

Mark: And I think at the time, there was reported some clairvoyance that somebody saw a circle of people trying to get at this person and it was assumed at the time, that these were the Jewish people hating Hitler and that he was being protected. Okay it wasn't that, but—

Les: No, could I butt in Mark a moment please, before we take Salumet's time. I did explain the other time when we were speaking about it, that those who are so wishful, can presume and take the personality of another, without it being true. This is what I explained last time and this is what happened, which is why I put a question mark, against the name Hitler.

What I wish you to know — again we must return to the energy, the power of the energy, which is used in groups such as this; it is a doorway in. No one side or another has more power, but you have to remember this, that there are those in our world as we have spoken about previously this evening; their energy is so dark, so dense, that the soul craves for the light. Whether it be for the purity of children, whether it be the spiritual light within a group such as this, if the opportunity is there, they can seize that opportunity. And although you are well-guarded, as you obviously know, occasions such as this will happen, from time to time. No harm can come to the instrument or the medium as you call them, but because of the light available, they will seek the opportunity to *use*. We must speak once more about energy, because this is the area that you do not fully understand. It all has to do with the energy, which each soul has.

Les: Would I be right in saying Salumet, that even though I knew, or was pretty sure it wasn't the person it was claiming to be, nevertheless that soul would have been helped, to some degree?

Of course, in seeking and obtaining the light, they have lightened their own energy pattern.

Les: Because that runs parallel to something I said I believe last week, that though my physical reactions sometimes during a rescue, were not conducive to it being done, something impelled me to have compassion for that soul and deal with it.

That is how we would wish you to deal with it. Do not feel that you have to be negative about these occasions — that is not what we would desire. All souls who need help will get the help they need when they need it, even in controlled circumstances such as these meetings. You have to remember that there are many, many, many souls, who are seeking the light of your purer energies and they will move towards it. Do you understand?

Mark: Yes, that's a very nice explanation.

But if you are unsure, let us qualify it now and put it to an end.

Les: Yes that does confirm what I have said at various times in the past, that regardless of the circumstances of our own feelings, *we have got to help*.

Mark: Yes, somebody came in and they pretended to be somebody they weren't, *but* they received some healing through it (**Yes.**) and although they slightly misled us, some good work went on.

Les: They didn't altogether mislead us Mark, let's be quite accurate, because I was *suspicious*, nevertheless they had to receive help. (*Yes.*)

Let us compare, after all you know and understand that you do not change drastically, when you come to our side of life. You do not suddenly change and within those souls who come with us, you always have the *mischievous* ones, who have tended to be anyway, in their lifetime, and have the feeling that they wish to continue to do so — because of their freewill, it is difficult to stop them, if the thought is powerful enough. Again I must return to the power behind the thought. It is a *vast* topic — we will keep returning, until you begin to understand. Are you happy with that explanation?

Mark: Yes, thank you.

Les: I compare them to people who exist on this Earth, who confess to a murder, when they've never been near the place. (Yes.) You have a parallel there you see, and they do it on the other side too. But again we can't question it, we've got to do the job we have set ourselves to do, to *help* them. (Yes.)

Again, we return to my earlier words, *do not judge; give out love, compassion and you will see change.*

Les: Thank you very much for that explanation; that has cleared the air a lot.

If it has not, I wish to put it to rest this time and let us go forward.

Les: Everybody happy with the explanation? (General agreement) No queries at all? We can put this subject to bed then? (General agreement + thanks)

I think this time we will leave it for you to think about this time. There is much once more for you to ponder, until we meet again.

Les: That's one thing that's very certain, you always leave us plenty to ponder. (General agreement) Thank you very much again, God be with you.

I hope the expansion of thought increases that love and compassion within you all, that peace and joy be yours each day of your living. And remember, I am with you all; I know and I receive your thoughts. Let me tell you dear friends, that they have not gone unnoticed and I want to say, that your thanks is not necessary. But can I say to you all dear friends that my gratitude to you, is much, much more. I thank you for your patience in listening, but I know that we will remain together, for a long time to come. (General thanks + farewells)

There then followed another through Eileen, who directed Les to stand next to Sarah, who was used in a rescue.

~3rd November 1997~

Good evening. (General welcomes)

As always I thank you for your welcome. Conditions this time are conducive to my working slowly with this one. So we, if you permit, will allow others to come close to each one of you, in order that individual help be given — questions to be asked and responded to individually and to allow each one this time, to further their own spiritual growth. You have one question this time, my dear friend?

Les: Yes I have and it arises from my pondering much about what you have told us about you and others like you, having many parts, which enables a particular part to be with each of us. I have wondered whether this ability derives from your superior spiritual development, or whether we as spiritual beings, also have the ability to be in many parts for the assistance of others.

Yes, I will answer you quickly this time. I my dear friends, have no more abilities than each one here. The only difference I might add is that I have grown spiritually, therefore my capabilities have been *quicken*ed if you like, but there is nothing I can do, that you cannot. After all, have we not spoken about the possibility of the physical being, being in one place, whilst being seen in another?

Les: Yes we have spoken of that, but would that mean that many of our *duplicates*, if I can use that expression, can be seen elsewhere, while we still have only one physical body on this planet?

No, that is your limitation.

Les: This is what puzzles me. I didn't think that we could — not as you can.

No, of course the being clothed in the physical overcoat, limits what can be done. But what I wish you to know is that *all beings are equal*. The only difference is in the raising of the consciousness and how each soul develops; then all possibilities are open to each soul. After all, when you return *home*, you return to the many aspects of the soul, which belong to each one of you. You understand?

Les: Yes I think we all do. So at this present stage of development, it would not be possible for our spirit personalities, to be split into many parts, as yours is.?

No, that would not be possible for you at this stage of your spiritual development.

Les: Thank you very much, I couldn't imagine that it could be, but as you've suggested, we do ponder these things and that of course leads to further questioning.

And that is our deepest desire, that in questioning you gain further knowledge spiritually — we ask you for no more. If you can achieve the consciousness that you have now, if you can achieve its *growth* in any way, we could not ask more of you, whilst you are limited in these bodies.

Les: But one day, if our spiritual knowledge is sufficient, we would be able to be an energy of many parts, many facets, to use your expression?

My dear friends, of course you will, but I have to tell you, you are speaking of much time.

Les: Much time ahead, yes I was afraid you were going to say that.

Much time that you could not even begin to ponder upon.

Les: No, so we'll just keep along the path we're on now and wait for events to overtake us?

Provided you grow in your own spirituality, as long as the soul begins and grows in knowledge and in wisdom and in love, then you will reach such destinations, that each step of your journey, will entitle you to no more than to be able to express more fully, all of those spiritual capabilities within you.

Les: Thank you very much we have that to look forward to.

Now, I must devote some time here, if you will permit to use this one?

Les: Certainly, and thank you very much. God be with you.

One then briefly followed through Sue, explaining that they would be working closely with her over the next few weeks.

There was then one through Sarah, saying that she was assisting everyone in dealing with their fears. Sallie felt that this related to her particularly, as she had been struggling with this issue. The channel through Sarah did not stay long, but Les continued the discussion, some of which follows:

Sallie: Basically I'm relying on what's inside of me and my connection with a higher spirit to guide me, rather than looking over my shoulder and being worried about bad forces attacking me — I've not explained this very well, but —

Les: You don't have to worry about *bad forces* attacking you — you can't do anything about bad forces physically, can you? You have to rely upon your inner self, to have the protection against what you are wrongly presuming attack you.

Sallie: I don't think they want to even attack me.

Les: No, where did you get this idea from?

Sallie: My friend was frightened for me.

Les: They have no cause to be frightened. It sounds awful to say, but they are arrogant to think that they can help you, unless they are aware of spiritual development. Their arrogance astounds me really, to think they can try and advise you and are frightened for you, when they have no knowledge.

Sallie: The person means well.

Les: I know, I don't doubt that, I say this in a kindly way, I'm not criticising them. But they have to themselves learn more, before they can possibly be in a position to feel for you.

Sallie: That's what I think as well.

Les: They are talking out of blackness. Though they mean well, they are looking at it on a physical basis.

Sallie: I believe the more love I can develop in myself, the more good I can see, the more there is — if I don't see the darkness and I don't see the bad, it doesn't actually exist.

Les: You are quite right Sallie, don't forget the power of thought. If you think it exists, you will attract it. Deny the fact that it does exist. With all respect to your friends and all their intentions, what they think is unimportant, it is what YOU think that is important. And so long as you think you are on the right path, and are working in the aspect of love, that's all you have to think about. That in itself will dispense fear.

Sallie: It's been a good lesson though and of course it's all the more pointed, because of the closeness of the relationship. Had it not been someone so closely connected, I wouldn't have —

Les: No, basically, you are using your own love potency to not risk hurting them, aren't you?

Sallie: I felt perhaps I'd said too much too soon.

Les: Possibly. It's better to say as little as possible. Let them ask the questions and just give simple answers, otherwise they don't understand.

Les continued to talk with Sallie quietly about this, while work continued with Sue and Eileen. There was then a quick message through Sue, to ask if we were all happy and to say the meeting was coming to a close.

~10th November 1997~

At the start of the meeting, Les gave the group some good news concerning a family member in Canada, who'd been badly injured. This provided more evidence and an excellent example for us all, concerning the **POWER OF THOUGHT**.

Les: Before we start, remember two or three weeks ago I asked you to give healing thoughts to a young boy? (*General agreement*) I had a phone call from Canada yesterday saying he is making such remarkable progress, the doctors and surgeons cannot understand it. (*delight expressed by sitters*)

Mark: So the damage won't be as bad as they had thought?

Les: Not as bad and she said they were really astonished at his progress — so I've done some new slips, with the hospital address and the ward, if you'll take a slip when you go please and continue the healing thoughts for him please, thank you. (*General agreement + thanks*)

Good evening. (*General welcomes*)

Let us join this time, in thanks to the Great Creative Force, for love which binds us all. We ask for ever-increasing consciousness of Spirit, that we may in the spiral of life, continue in knowledge, wisdom and love, in order that we as loving channels go forth and create that light of attraction, that brings to each one, individuals in need of help and your love. We ask thanks for our daily living, that we as sparks of your eternal Love, may continue to go forth in truth, in light and in ever-increasing love, for all of mankind.

Les: Amen. Thank you very much.

My dear friends, this time, I came to you on a wave of much love and gratitude. Are you now prepared to believe the power of your love, how that combined love can be utilised for good?

Les: Yes we are indeed, I take it you refer to my message before we began?

I do.

Les: Yes and we are grateful for all the love that has been sent from those in your world.

But my friends, it is not unusual. I wish you to know that all of you have the capacity of much love, to use with the power of your thoughts. After all, the power of your love can transcend all of life's problems. I hope that now, you are beginning to understand what vessels you are, what vessels of love and truth you have become. And in using such love, you are ever-increasing your own consciousness and (in) increasing your consciousness, thereby you exude more love. It is a never-ending trail towards perfection.

Les: Yes, it would certainly seem to aim at and it is an object lesson to us all here. If any of us had a doubt, I think it's dispelled now.

There will come to you, many opportunities to send forth such love, not only from each individual, but as a concerted effort of love, by many. Not only here, but from many of other worlds.

Les: We're very happy to do that and we look forward to the opportunities that we can have, to help others in that way.

Do you not see dear friends, that in giving, you are receiving; in receiving, you are giving? Do you understand?

Les: Yes we do, each feeds on the other, doesn't it and each enhances the other.

Yes we have discussed recently, a little about looking at others and I would wish you to know that in giving, you are indeed receiving, much, much more.

Les: Thank you

Now dear friends, I will take questions this time, but before I do, I wish to say to you this: That for some time, I have to withdraw from you.

Les: Oh, we're sorry to hear that.

Please do not be sorry, I will return to you, but it is necessary for the embodiment of light and love, to be renewed within these beings that I bring with me. Do you understand?

Les: Yes, you have had to do the same thing a year ago in our time and we do quite understand. We're being selfish when we say we're sorry. Of course we do wish you God's speed in your return and we look forward to you coming back in due course.

I know that I will be welcomed, because since first we met, I have been most comfortable with you all. (General thanks) Remember always, I will hear you and will help you, but for several of your earthly weeks, I cannot speak with you, as I do now.

Les: No, we do understand and we thank you for the time you do give us. We only hope that your return home will be a wonderful experience for you.

Always it is a joyous one. But of course, I also have much to discover and also to learn, you understand?

Les: Yes we do.

Now, have you questions this time?

Les: Yes I have been giving a great deal of thought to your teaching about energy. What I'm going to ask may seem stupid ultimately, so I apologise in advance, but so far as I can see, the soul, of which you have spoken so much, is energy. You've told us that animals have a soul to a lesser degree, that plants and trees have energy embodied in them, which can blend with ours. And I have been wondering, if a tree is cut down, and its timber used say in the manufacture of furniture, ultimately that furniture is worn out and probably will be burned. But since energy is indestructible, does the energy which was within that timber, return in some way to the source of Creation?

Of course, it is simple — you have answered your own question. Energy is indeed indestructible, so therefore it returns to the source of all energy. It is difficult for you all I know, to understand the working of energy in its many forms, but it is no different from mankind, if we can compare the tree to mankind. After all, when the body is decayed, does not the soul which is energy, go forward in seeking its home, its rightful place within the sphere of life.

Les: Yes, we do understand that. And also in the case of animals, they have if I can say, a 'lesser' type of soul, they also can be resurrected. That has led me to think, silly as it may sound, that plant life also must have a form of soul.

All living things are born of energy. There is not one thing within this planet Earth, which is not energised, by that all-encompassing energy, which is known to us as Love. After all, if you take your planet, it is just one mass of energy that belongs to the wider scheme of the universe. So each living thing within this planet, belongs to the larger whole, can you not see?

Les: Yes and must return to it, when its physical existence has finished?

Of course, plant energy would in effect return when it is decayed, to the soil, which is also energy. It is a continuing process, which can never be destroyed.

Les: It's an ever-lasting recycling of the energy, isn't it?

It is energy used in different forms; that is all — all energy stems from the same energy.

Les: Yes, I thought it must be returning, but since we have no tangible evidence that we can put our finger on, it was difficult to imagine it.

You will find difficulty in visualising energy, unless you have grown to recognise the energy form, the pattern of energy within your world. It is possible and many do see energy forms. It is not impossible, after all, I know you have discussed in past times, about speaking of energy being seen around peoples. What is that, if it is not spiritual seeing of the energy which surrounds the being.

Les: That's right and your instrument has seen the energy of the atmosphere.

That is our desire that this should be.

Les: So we too could see energy in the atmosphere, if we attempted to train ourselves to do so?

Look with the spiritual eye, not the physical. Always we return to spirit and not the physical.

Les: Thank you for your answer — so I wasn't being stupid after all. Does anybody else have a question for Salumet?

George: Yes, I have read a report on what is described as the Mayan crystal skulls. These are very perfectly made skulls, each from a single crystal and they may be older than the Mayan civilisation, but they are reported to have a *'between worlds,'* communication facility. Is there anything you can tell us about the crystal skulls, which may be Mayan or pre-Mayan?

I understand your question, but before I answer it for you, let me say this to you dear friend: You are in need of some rest. (Yes.) Yes, I will leave it with you, now let us return. I do not come to explain these mysteries of your world, of which there are many — but on this occasion, I will for you. These skulls are indeed prior to the Mayan civilisation. The Mayans were indeed a much developed race, who were aware, much aware, of all things spiritual. They knew and understood the workings of all energy forms on this Earth. These skulls you speak of were used in the way that many of your psychics and mediums of this age use glass balls, or how do you term them, *crystal gazing*, to build up energy between our worlds. It was only a form of communication, to which the Mayans developed their use, because of the beauty and simplicity and the easy use of them, in developing their own consciousness. Does that help you?

George: Yes it does and it's nice to have the confirmation that they are indeed pre-Mayan.

They are quite a deal older than has been said.

George: I thought they must be. Thank you very much.

Les: Of course, from what you said Salumet, the skulls themselves have no ability in communication between the worlds, they are merely a focal point, for the seers here.

Yes, as in all communication, you cannot light the light, unless you have the trigger switch, you understand? (Yes.) I simplify it for you, but that is the basis of all communication.

Les: Yes, I think there has been some unnecessary mystery attached to the skulls. When I read about them many years ago, I was of the opinion that they were merely focal points and did not in themselves have any specific ability, in the field of communication.

My dear friends, let me say this to you: There is no need for any artefact, any icon, any such item, to be used for communication, between the human being and our world. After all, what better communication can you have, than your own soul?

Les: Of course not.

But always man, whilst alive on this planet, has sought many items to idolise, to utilise and to gain some form of idolatry for his own use.

Les: And to make money from it.

I would say, not always, but sometimes.

George: Yes, a part of their mystery, has been the perfection of their manufacture, which we could not manage today, in today's society.

Remember what I have said, their consciousness on spiritual matters, was great. They had abilities which have, as many of your races upon this planet — their abilities have been lost over time; abilities which each one of you possess, but have lost in the passage of your earthly time. In your so-called *'quest for knowledge,'* I have to say dear fiends you have lost much.

Les: Yes we can accept that too; we've lost the important things.

But with our help, we hope you will regain much, before your time expires here, that all of your world will be raised in consciousness, that each soul will come into its own, will recognise itself and the spiritual aspect and power and love, which each one of you possess.

Les: I don't think I would be far off the track, if I said to my colleague, that if he thought of the construction, or the making of those skulls being by mental laser, I would be very wrong. Understand George? (Yes.) We have produced the physical laser, which does incredible things, but it was *thought*, which produced that and *thought* directly given, to things like the production of the skulls, merely cuts out the middle man.

It applies also in your own day-and-age. There are many words spoken, about beings from other planets, are there not? (Yes.) We have discussed this before. Let me tell you now dear friends, that many of these planets do not need to utilise space travel, their knowledge is far greater. But at this moment in time, it

is not knowledge which is given to mankind, because he is not ready for it. But there are beings who have the ability to use their spirit to the utmost, to be without any form of what you call, 'space transport,' and who have the ability to *space travel*. I hope I do not confuse you, but I wish to make the comparison, that in each age, there are always mysteries, which should not arise, because the simple fact remains, that your gifts of spirit are never-ending. If you use the power of your thought to its fullest capacity, there is *nothing* you cannot do. Dear friends, work upon the power of your thought. Again, this is my teaching to you all. Develop your power of thought, use it well in love and there is nothing that you cannot seek to do.

Les: Thank you very much.

George: Reassuring words, thank you.

Les: We shall have to learn how to use it fully.

If you do not use it, you will not grow and expand; you will not stagnate, but you will not grow either, you understand?

Les: Yes I must say that for myself, I don't want to sound conceited or egotistical — I am becoming much more aware of the ability to use the power of thought. I can't say it is producing concrete results as I would like to see, but I do know that I'm learning how to direct it into that area, for which I thank you for your teaching.

There is no need for thanks. Each one of you has the ability to grow in thought-power. But my dear friend, let me say to you one word, *patience*.

Les: Yes patience.

It will not come in a moment, it will not come in one year of your time, but it is an ever-learning process, but a most rewarding one if used properly.

Les: Yes I'm sure it can be.

Now my dear friends, I will take my leave of you, I look forward to our next meeting. I know that we will be refreshed and I hope that we can bring to you new knowledge and understanding. Know always that I hold you all dear, that I enfold you all within my energy of love and know that you always can call upon me for help. *(voice fades)*

Les: Thank you again, for all you give and we wish you a very, very happy visit to your home. You'll still be in our thoughts.

~1st December 1997~

As expected Salumet did not come during the next few weeks, but the evenings continued with other work. The first one was through Eileen, explaining that other mediums would be used this evening. There then followed one through Sue, who came through and chatted through a medium for the first time. She talked about what she did on Earth (a lumberjack) and that she now also works with trees, but not cutting them down, but rather helping them to grow. Several other communications followed through Sue and Sarah simultaneously, which were difficult to follow on tape, with several voices speaking at once. Finally there was a control with a very strong voice through Eileen:

Now I can speak with you, I'll try to be quiet! (Booming voice) You know we endeavour to do much work here, therefore it is imperative that new people be used. So often we have problems when communication is tried. Without your patience and understanding, it could not take place; for this we are truly grateful.

Les: Well we are very grateful that you would allow us to help in the work like this.

I found it most difficult to remain quiet when the young lady (Sallie) was asking about being used to speak. Firstly let me say this to you: The ability is with you ALL — why do you doubt it? It is the doubt which holds you back, nothing more. I wish to say to you dear sir, that there comes to you greetings from someone on our side, who presents you with one rose.

Les: Yes I know the one, thank you very much.

Yes, early she is saying, but you understand.

Les: Yes I understand.

Yes and she wishes to thank you, because without you in her living, she would have lacked so much. I do hope you fully understand this message; it is a personal one for you.

Les: Yes and I do appreciate it and I do understand it — thank you and I was very happy to do as I did.

She knows and you know also that she has tried hard to return it to you.

Les: She certainly has done that.

It is quite good being a matchmaker. (General laughter) No, that is not why I come, that is not my purpose, but still it makes me glad.

The channel continued a bit longer in a more light-hearted way, but the main purpose was to deliver that message to Les.

~8th December 1997~

This evening was used to help spirit children who were not able for various reasons, to celebrate Christmas. Les was asked last week if he would erect a tree in the room, for this purpose, which he did. One called Marianne came through first (through Eileen) She said that she brought many children with her. Another child called Jeffrey came through Sarah and sang 'Away in a manger.' (He said he couldn't do this whilst on Earth) Another came through Sue called Mildred, who recited a little poem.

Then one came through Eileen called Monica, who said she'd only come for a pie, not to sing songs...

Angela then came through Sarah to have a look at the tree. (They all loved the lights) Another came through Sue to do a little dance. Then Emily came through Eileen. She was a bit sad at first, but she cheered up after Les chatted with her. There was then one through Sue, who explained how important this evening was to all the children that had gathered. Towards the end of the meeting, a child called Michael came through Eileen, who wanted to connect with Jack and was often around him during the day. The channel also said there would be a new child for someone in this group next year; they said to treasure them, because there is no purer love than a child's love.

~15th December 1997~

The first communicator came through Eileen talking joyfully about a number of things, but mainly about eating meat and the idea that the thoughts are more important than the actions. She said that it was perhaps not quite as big an issue as some would believe — we should not become obsessed by it. Others followed with personal messages for the group.

~22th December 1997~

The first speaker came through Eileen with a personal message for one of the sitters. They then spoke to the group as a whole:

In being able to forgive, and I wish to say this to all of you here, that the capacity to forgive others, should come easily to each one of you who has knowledge, because in your forgiveness, you have created a love bond, which can be strengthened between others.

Les: Thank you, yes we have been taught the importance of being able to forgive sincerely and honestly.

Not all people are able, even when they have obtained the knowledge they still find it most difficult to forgive. But I would say to all of you, to forgive is to truly love; you see what I mean?

Les: Yes we do and we do accept it's not always easy to do it, because of our human frailties, but we do try.

That I must admit is a setback for you whilst you live here, but it is not impossible for you, as this young lady has demonstrated, because even if you utter the words, if it does not truly come from the heart,

then those words become obsolete. You cannot fool your spirit, you cannot fool others in our world, because all is known. So better that you stay dumb, than to utter words, which are not worthy of truth.

Les: Yes we accept that too. It must be given sincerely.

There then followed a jovial one through Eileen, who talked about their work in a light-hearted manner, dealing with people dying physically and passing over. They acted as first points of contact, welcoming them into the Spirit world — the REAL world. Another followed through Eileen, with a message for Sarah, regarding her planned trip to Thailand. She then said there was a lady hoping to use (speak through) Mark, and some advice/encouragement was given to try and develop this.

*The final speaker came through Eileen, briefly expressing their happiness upon arriving in spirit realms, after a life of hardship, with a contorted face. Before going they added: **I can't go yet I have to say one last thing. When you see people like I was, they don't expect handouts, but can you at least smile at them? It's so painful to feel second rate.***

~29th December 1997~

Good evening. (*Warm welcomes at Salumet's return*)

My dear friends, how good it is to be with you once more.

Les: We're delighted to hear you say that, because we are extremely pleased that you are here again and we hope that you are feeling much refreshed.

You must forgive the slowness of communication this time.

Les: Of course, there's no hurry; you're back with us that's the main thing and we much appreciate it.

Always the transition to the denser energy of your life is always a little difficult.

Les: I imagine it would be.

So, I thank you dear friends once more for your tolerance and your love. I return to you at this particular time, in order that together we can wish for you all *greater* consciousness, *greater* adaptability and *greater* extended love for mankind in your coming earthly new year. (*Thank you.*) You of course realise that yearly times mean little in our world, but we know that to you Earth beings it can mean quite a lot — that your hopes, your desires are refreshed as is too nature in your world, in the hope of new beginnings and all of your desires. We know and we fully understand and that is why I come to wish you these things.

Les: Thank you very much indeed.

I want you to know that in your coming years and in particular this new one that is turning, there *is* and will be an upsurge of spiritual consciousness, which is the beginning of much to come. (*Good.*) There will be many troubles in areas of your world, but do not let that dismay you. I say to you dear friends that we are happy with what is happening within your world. There will always be those moments of darkness, of blackness, of much sorrow, but it is being outshone by that *greater* consciousness that is stirring within many, many areas of your world.

Les: Good, we are very pleased that that is so.

I would like also dear friends, to thank you for the many kind thoughts and the use of your thought since last we met. Let me tell you they have not gone unnoticed. For this I thank each one of you. I —and I use this earthly word only to convey my feelings to you, I want you to know how *proud* of you I feel, in knowing how much you have achieved spiritually, in what I have tried to teach you.

Les: That certainly is a compliment, which we all greatly appreciate.

It is a strange word, this one called *pride*, but I know not of another to use, to tell you how pleased we are that you are achieving results spiritually. After all, that is why I come to you, not to give you snippets of information that are useless, but to uphold and to uplift you, to encourage, to enfold you, to help you to be those spiritual beings in this lifetime that you were meant to be.

Les: I think all of us would like — I know you don't want thanks, but we do thank you and we do appreciate the approval you give for what we have learned, because after all, it has only come from you, it is only because of your teaching that we do feel as we do now and that is the highest compliment we could have to begin our new year. I think we all agree on that don't we? (*General agreement*)

One of our concerns was that to reiterate so much on topics which are important, would not hold your attention. I can tell you that this group has outshone itself in that respect and I am pleased and happy to tell you that if only you could continue as you have done in time past, then our work with you would indeed be accelerated much more quickly than we at least had thought would be possible.

Les: I think that is the intention of all of us here, to exceed our learning in the coming year, to improve upon what we have done so far.

Without the true commitment which each one shows, my work could not continue. For this I thank you once more. Again I say to you, not only do you learn from me, but we seek to find within you, that which enables us also to grow. You may not fully understand this, as I know you feel — and again I have to use words I do not think are correct — I know you feel that my words are superior, but when you know how much you have given to us, then your understanding will be truly great. For this we thank you. Those words come not only from me, but from all who are involved with you.

Les: Do thank them for those words. I am going to say something particularly personal now. Others may have had the same feeling I know. When at night I pray and I speak to you, the only way I can put it is that there is a much greater reality and conviction in what I am saying, and for that I do thank you and all your companions. That's the only way I can describe it.

You must not take *gratitude*, you must accept that what you *feel* is your own doing, your own *growth*, your own *upsurge of consciousness*. You, my dear friend, have created this, not us. We can guide, we can tell you much, but you are *the one* who creates the growth in your soul. Do you understand?

Les: Yes I do —

I must say to you my dear friend, of all who sit within this room, *you* are one who has grown much since my coming to you. Those words may astound the others, but in so many *years* of your knowing, there was so much left *unknown*. Do you understand?

Les: That's true, I agree absolutely.

And since we come, you have blossomed forth, into the most beautiful of beings. I say these words not lightly my friend — we cannot say it to many, but now, *truly now, only now*, do you begin to *shine!* You shine with a spiritual light of great intensity, of great love. This should be used wisely, should never be abused, should only be used as we know you will, for the betterment and the goodness of all who come into contact with you.

Les: Oh yes, it will certainly be used for that.

Now dear friends, I take no questions this time, I speak upon not one subject, but I say to you: The love we feel for you grows stronger each time we meet. Know this, use this and always you will have our love and our protection when the need is greatest.

I will leave you now dear friends for this time, knowing that in this transition back to you, I have entered into your loving hearts. I know that together we have blended well and to those who are not with us, they are included. Even though their physical presence is absent, their spiritual energy is entwined with each one of us, in order to secure that love bond, which we all exude. Until next time dear friends, I will be with you.

Les: And we must say thank you once again. You have given us a wonderful start to the new year and we look forward to our next meeting. God be with you.

There then followed one through Eileen with a message for Jack, mainly about him being over-tired. She also said that Sarah's daughter Emily was very musical and should take up a stringed instrument. Another followed briefly through Eileen, just to say thanks to everybody for helping the children to have a happy Christmas. He also joked about Les having a bit of a posh voice:

I say that all of you will be rewarded for your efforts.

Les: Our reward will be in knowing that they can be helped.

They can and they will, but if only people on Earth would realise that they are not restricted to helping those in the human form. We know you have done much to help those in distress, we know you understand, so for this reason I come to you this time.

Les: We're very pleased to know that our thoughts can be of such help in your world.

I am being instructed to tell you, once more you are being taught the power of thought. I hope you understand that message and I will say to you my lovelies, may God be with you always, may there always be love within your hearts.