

~20<sup>th</sup> 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.*