

~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)*