

~11th August 1997~

Good evening. (*General greetings*)

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)