

~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)