

**~19<sup>th</sup> January 1998~**

No Salumet this evening, but nevertheless this was another interesting session, beginning with one through Eileen:

***I am here to tell you that the one you expect will not be with you this time. I also have to ask, that would you be prepared to be used for speech, because there is someone with us, who wishes to use you.***

Les: Yes I certainly would.

***The lady I speak through now, will be used for power and the lady known as Lilian, will be used to help the one who comes through you. But we must have your permission first.***

Les: Yes I'd be happy to help.

***Many are gathering I'm told, so it's possible others may feel they need to use words this time. But if you are happy, then I will withdraw this time and let you continue.***

Les: Yes I'm quite happy to be used, in any way you wish. Thank you for opening the meeting for us.

***We hope you are not too disappointed, but sometimes it happens — I leave you now and say God always be with you and keep you.***  
(General thanks)

There then followed the one expected through Les:

Lilian: Good evening to you, thank you for coming.

***Good evening my friends, good evening. I'm sorry to have kept you waiting. It is an honour for me to address you, when the master is not able to do so. I trust that you will accept my very inferior presence and speech, that I bring to you this time. What I have to say, may perhaps cause some confusion in your minds, but it is something, which you should attempt to understand, in order to fulfil the progress, to which you are all aiming. Do you understand this? (Affirmation + thanks) I have no doubt that conditions in your physical lives are very much the same, as they were when I walked this planet. And it is said in the good book, that the truth is not in them and I think you would agree that in many instances, this applies to ALL who walk these roads in these days. You understand I'm sure, that it is quite impossible for those who are human beings, to be fully truthful, in every aspect of their living. You would agree with this I take it? (General agreement) I'm afraid that if***

***you exercise the beauty of truth on all occasions, you would soon find nobody on whom to exercise that truth. You would be very short of friends, would you not? (General agreement) So my dear friends, we come to an interesting theory for you to ponder upon: What is Truth? What is Truth? You no doubt have heard that question many times, I'm sure. (General agreement) Also I feel I can say I'm equally sure, that you have never arrived at a satisfactory answer. So the truth of the matter is that you have very carefully shelved the responsibility of coming to a decision, yes? (General agreement) If you'd said no, I'd have had to doubt you, because I myself went through the same problems, when on this Earth. But having left you for many years now, I can see the difficulty of trying always, to be truthful, trying always to lead what is called a 'pure life,' which in itself is an impossibility, because until we reach such levels of existence as you can have no conception of at this time, we must always have certain impurities in our beings. Would you deny this? (No.) Then that is truth is it not? (General agreement) Now we are getting there! (Chuckle) Now if we agree as we have, that to exercise Truth in all matters upon this physical Earth, is an impossibility, we should have asked ourselves — you may have done so — what the expression of Truth is, in the spiritual life, to which you will adjourn one day. Has this occurred to you? (Mixed responses) Was that no? (Yes.) So you do not yet recognise the problems associated with Thought itself, being used for communication and the ability to dissemble through words, will no longer be acceptable. Do you understand? (General agreement)***  
Lilian: It can't be easy to communicate with thought and keep them pure?  
***No, that is another aspect dear lady, but let's presume for a moment that you have learned the ability to communicate with thought. So we step forward from there do we not, that having learned that art of mental communication, HOW are you going to exercise your thinking capacities, so that dissembling is not possible?***  
Lilian: I've no idea, very difficult —  
***Good, good, we have reached the crux of the matter. You have no idea, has anybody any idea? All of you I think would agree, that many times — and I too was guilty — that many times you have thought one thing and your words***

**have been another. (General agreement) It is not a criticism it is a fact of life. But when you no longer have words to echo your thoughts, how would you react?**

Sallie: More truthfully, I would have thought.

Lilian: Try to —

Sallie: Well no you would automatically be more truthful, because what you're thinking is true to you at that point, isn't it?

**It is true to you at that stage yes. Now we come to the question of whether in such circumstances, it is DESIRABLE to be truthful. How many times within your life here upon this Earth, have you thought one thing and said another? Not necessarily because it is expressing a lie, but because you are considerate of the person to whom you are speaking?**

George: Yes, it seems to relate to compassion perhaps, in as much as —

**Please sir let us not deviate for the moment. You exercise a departure from truth do you not, for the sake of the person to whom you are speaking? (General agreement) So, what is truth? Can you answer the question?**

Sarah: Your thoughts.

Lilian: The thought is the true part.

**The thought is not the truth is it, because you have varied it, according to the requirement of the person to whom you are speaking. Is that not so?**

Lilian: Right.

**So it cannot be true, if you think one thing on this Earth and say another, you have departed from the truth.**

Sarah: But your *thought* is maybe right?

**But when you do not have to use the words, how are you going to control your thinking, to assure yourselves and the person to whom you are speaking, that what you say is the truth?**

George: Might I suggest that there is an absolute truth and there is as much truth as your friend can accept?

**What is an absolute truth sir? Please let us have descriptions.**

George: An absolute truth — a truth which would be accepted by God, by the Great Creator.

Lilian: Or as you see it?

George: Yes, as within we are all a part of the Great Creator and the truth would be central to ourselves, as it would be central to God.

**You are travelling in a wide circle my friend, are you not?**

George: I struggle for words, yes.

**Why is it necessary to struggle for words, when words are not required?**

Sarah: I think your instinct is the truth, isn't it? **You yourself dear sir, would know whether what you were saying was the truth, would you not, without the intervention of the Great Creator?**

George: Yes truth is felt perhaps, more than spoken.

**Of course this is what we have been saying, that the communication is mental and your words cannot dissemble, because the truth is despatched to the recipient is it not, without the intervention of words?**

George: Ah yes.

**So, how are you going to establish whether what you are saying is true? I will leave it with you to think about sir and I will ask the lady, I apologise for interrupting. Now please, you wished to say something? (Thank you.)**

Sarah: I believe your *thought* is the truth and your words aren't, so what you instinctively think, is the truth.

**And from where would you acquire that instinct madam?**

Sarah: From the soul.

**From the soul? (Yes.) And you are happy to rely upon the soul, always giving truth?**

Sarah: Um —

**Remember that though the THOUGHTS are transferred from one to the other without the intervention of words, you are in a difficult position, because the one to whom you are 'speaking' shall we say to use the term, 'speaking mentally,' would be aware of your thoughts, would they not? (Yes.) And how do you think they would accept them if they know that they are not as pure as they should be?**

Sarah: I think they will be pure, because you'll know that the other person will know what you're thinking, so there's no point in trying to think something other than the truth.

**So you are not really speaking the truth, you are altering your thoughts, because somebody else may think wrongly of what you are thinking.**

Sarah: No I think your initial thoughts will tell you what is the truth and what's not and I think you have to stick by that. You can change your mind, but I don't think you can change your initial thought.

**That is not quite clear to me please —**

Sarah: What you instinctively think — your first reaction is the truth and then afterwards you might change your idea, but the initial thought pattern I'd imagine, is right.

***Can you be sure of that? You use the word 'imagine,' so it would I think indicate that you are not SURE that your first reaction would be right.***

Sarah: No I am saying your first reaction *is* right, that's what I think.

***You said I IMAGINE it would be —***

Sarah: Oh no, I'm sure it is.

***You're SURE it would be.***

George: Can we say soul is continuously evolving and evolves towards pure truth?

***Yes, I will answer that with another of your phrases my friend: Upon this Earth do you not say: 'Today's truth is tomorrow's lie?' (General agreement) So evolvment as you say is continuous. So do you not then appreciate that as you evolve upon the spirit plane, so your thoughts of what is true may alter?***

Lilian: I'm sure it will.

***So again I say to you, what is truth?***

Mark: It's an ideal, it's not actually anything, it's always relative to the vehicle you are looking from, and everybody has a truth.

***Absolutely, now we are getting to the point. It is always relative. It has amused me upon this Earth to hear you saying sometimes, yes that is very true. What can be VERY true? It is either true within your understanding of the word, or it is NOT true. Is that not so? (General agreement) So you see the looseness of the words you have used my friends. But as you say sir, the truth must be relative to the conditions and circumstances pertaining at the time of the utterance of those thoughts. You understand? (General agreement) Because remember also that those with whom you communicate, are also constantly evolving and what to them is true at one moment, may not be so, a few moments later in their lifetime. Do you understand what I have been trying to say? (General agreement) Would you like to ask me any questions upon this?***

George: Yes, we have been hesitating so much, because there is nothing static, all is in the condition of growth and ideals change with that growth.

***Now you are beginning to realise my friend, how difficult it is for us to come to you, to explain the complexity and the immensity of Creation. We do our best, within our limited abilities, and knowledge, but energy itself, is in a constant state of flux, of evolvment, of alteration, of correction, because as energy evolves, so it within itself, realises that it is not always the infallible source, which it would wish to be. Do you follow? (Yes.) We get into complicated matters, I'm trying to simplify it for you, but since energy itself is constantly evolving, there is no absolute truth within that energy yet, is there? (General agreement) Because it is still seeking within itself, do you follow? (General agreement) This too, is what you must always attempt to do.***

George: Yes perhaps it would be true to say we can only seek the best truth, for our particular point in time.

***Not necessarily my friend. You are thinking of yourSELF; think of the others, to whom that truth must be directed. What would be its effect upon them, if you spoke what you say is the full truth. Do you see the problem? (General agreement)***

Sallie: The idea surely is to try and help people become aware, and perhaps by being too forceful in the truth, it can have the opposite effect.

***It can indeed madam and it is a very wise saying you give; it can have the opposite effect. Therefore I say to you, when you approach by speech or thought another, give consideration to the effect your words may have upon that person. And if you wish to go further into it, remember that the truth is to be of SERVICE, to love another, therefore the TRUTH should be, that you do NOT think or say, what you feel is best from your point of view, but from the point of view of the evolvment of another. Is this clear?***

***(General agreement) It puts I think you would say, a rather different complexion on the issue of the word 'truth,' does it not? (General agreement) Did not the lord Jesus say when he was criticised about feeding the flesh of animals to his mother: 'What goes into the mouth is not so important, as what comes out of the mouth.' — Please bare that in mind. Now do you wish any further question, if not I must leave you. I hope I have not confused you too much?***

Lilian: You've given us something to think about. ***That was the intention dear lady, it's always our intention. If we cannot always give you exactly what you would require, or wish us to give you, at least perhaps we can give you something to think upon and so tread your own path towards the ultimate. Then I will leave you my friends, thank you for your patience in listening.*** (General thanks) ***May the love of God be with you at all times and the love of God, is the only one truth. Keep that in mind. So often — and I think it has been said before I'm told in this room, that in your religious works, other books by your philosophers, because it is said that because it is in such and such a book, it must be so — All you have to consider, not that it MUST be so, the only phrase that must be so, is that it need NOT be so. Do you follow?*** (General agreement)

George: That's a phrase we've had before. ***Yes I believe it was spoken in this room, I am told. Does it not come to your memory?*** (Yes.) ***Good, then I bid you farewell my friends. Do not be despondent. You will have much time in which to learn, God be with you.*** (General thanks + farewells)

Another followed quickly through Les, giving some advice to George and Sallie and answering one question about child spirit friends: ***Good evening to dear friends, good evening, good evening.*** (General welcomes) ***I hope you're not going to expect more words of wisdom, because if so you're going to be unlucky.*** (Laughter) ***I do not belong to that one's class, I must tell you. I wish to speak to the gentleman opposite, the one who was told there are two waiting to use him for writing.***

George: Ah — ***Ah he says — ah, as though he has never heard of it before.*** (Laughter) ***Well what about it? You have not been giving it as much time as you could, have you?***

George: No that's very true. ***What was told you earlier, 'VERY true?'*** (Laughter) ***Is it true or is it not true?*** George: Sorry about that — yes it's true — other things have temporarily taken over. But yes I must try again at more frequent intervals. ***Yes, it did occur to you did it not on a number of occasions?***

George: Yes, it's been on my mind.

***Yes and you put it to the back of your mind and you made excuses — you had this to do, that to do, did you not?***

George: Yes I must admit. ***You must admit — even if you do not admit it, it is so!*** (More giggles) ***Right, to be serious about it my dear friend, please now attempt to give it more time.*** (Yes.) ***Those two gentlemen still wish to use you and we do know that you've had unexpected problems to deal with, and that has not permitted you to give the time, the quiet time, which is required. But now we would ask you please, to attempt if it is not interfering too much with your physical commitments, to spend time now, so that they can get down to, as they say, to serious work, which has to be done.***

George: Yes I promise yes. ***Be careful be careful. We do not ask for promises, we know what you mean, but we were speaking of truth were we not? You will attempt to do so, will you not?*** (Yes.) ***Thank you. We'd rather you say you will attempt, than you promise. You may not be able to keep the promise, but if you say you will attempt, then that is understood and we shall give you all the help we can, to enable you to do so.***

George: Yes, thank you, I'm very pleased that you are speaking these thoughts.

***Don't thank me my friend, I'm merely a messenger for those who wish to use you. So be prepared please and you may be surprised at what will happen.***

***To the lady at the end of the room now: You have had a lot of confused thoughts, about various things madam?***

Sallie: Yes I have yes. ***Rather like a whirlpool, is it not?***

Sallie: It is rather like a whirlpool, yes. ***It goes round and round and round and round and you come back to the beginning each time, yes?***

Sallie: I come back to the beginning each time, but the beginning seems a bit different to the last beginning, so perhaps my beginnings are changing a bit.

***Oh, well that's something, isn't it?***

Sallie: I hope so yes. ***Do you wish to ask any particular questions; that is why I have come?***

Sallie: I think it's something I just have to work through myself. It would be pleasant in some ways to ask questions about it, but —

***May I take you up on one phrase please? (Yes.)  
You have to work through it yourself, you said.  
Why do you always rely upon yourself?***

***Sallie:*** I don't totally rely on myself, I ask for help. I'm probably not describing that very well, I do ask for help and I actually get lots of help, without even asking for it. And I bump into all sorts of situations, which I'm sure are there to guide me, but I suppose I'm just beginning to tune-in to things more often, than perhaps I was able to before. It is a whirlpool and it is confusing, but it's also exciting, in some ways, because I do get bits of it right in my own feelings and thoughts and connections. Some things take longer I suppose.

***May I suggest that you do not attempt, to try so hard to find the answer. You're reading the back of the book, before you have completed the first chapters. Do you understand?***

***Sallie:*** Yes, I have to find more patience to go through things more slowly, I suppose.

***As the master said: Come unto me all ye that are heavy laden. Do so, be calm within yourself, do not search so hard, let the blossoming of the ideas come to you, rather than you search for them. Do you follow?***

***Sallie:*** Yes, although part of me enjoys searching. ***Then what do you wish, to enjoy the searching indefinitely, or do you wish that enjoyment to be enhanced by what we can give you, if you exercise a little more patience?***

***Sallie:*** The idea of having it enhanced, if I can improve my patience, is obviously to me appealing.

***I'm glad to hear you say that, because if you are more patient and learn to take each day as it comes and to deal with what it brings to you, we can be closer to you, because your patience allows us to be there, it does not affect us to the extent that your impatience does. Do you understand? (Yes, yes.) Then I would suggest madam, that you make an effort to acquire that extra patience of thought, and of action too, so that we can come nearer, and in assisting you more, can give what you are searching for, without you having to spend so much energy in the search.***

***Sallie:*** There is a lot of wasted energy, I would agree with you yes.

***There is indeed, there is indeed, energy which could be much more fruitfully used, for your own spiritual development, if you turned it into that direction.***

***Sallie:*** That's one of the things I'm trying to work on at the moment, is not allowing my energy to go off in a fruitless manner.

***Do not work upon it too hard. Let it come slowly and gently. Many times have you not heard within this room, 'slowly, slowly;' is that not so? (Yes.) Please I would ask you to control your impatience, for your own benefit.***

***Sallie:*** Yes that's been helpful you saying that, I will do the very best I can.

***You cannot do more, you cannot do more than your very best and for that answer, we are grateful. (Thank you.) We shall do all we can for you, you have much to give, and we do not intend to let it get away. God be with you my daughter.***

***Sallie:*** Thank you, and with you.

***I think that is all the castigating now. (Laughter) Now I will take questions, if you have any.***

***George:*** Yes, in relation to very young children, I've noticed that they sometimes chuckle and make noises to an invisible friend perhaps and it occurred to me that the parents take care of the physical needs of a young child, but it appears sometimes as if spirit friends and also lending a hand in bringing up the very young child. Is this a sensible observation to make?

***No, we do not lend a hand, we lend many, many, many, many hands! (Laughter) What do you think we do, ignore young children? (No —) Of course not, we are with them constantly, constantly. They are still to us in many instances, spirit beings, thrust upon this world. The reasons do not matter, but to us they are still spirit, therefore we are always in close attendance.***

***George:*** Yes, so it would be fair to say a major part of the beginnings of a young child's — ***In most instances you would be correct sir, that he or she is aware of the spirituality of those who surround him and to ease his or her sojourn, for a time upon this Earth, until he or she is more acclimatised, to the harsh conditions, which they must face.***

***George:*** Yes and sometimes although the infant hasn't learnt to speak, there seems to be quite a conversation going on.

***Of course of course, that is spiritual communication. Words are not necessary, that is the spirit talking to Spirit. Does that answer you satisfactorily?***

***George:*** Yes I thought it must be, it's nice to talk about it yes, thank you.

*Does anybody else wish to question? (Silence)*  
*What an awful lot you must know. (Laughter)*  
*Then if I have no further information to give you this time, I will leave you and ask for your continued development to progress satisfactorily, as you would wish. May God's blessing be with you all. (General thanks and farewells)*

*There then followed a softly spoken one through Eileen, gently bringing the evening to a close: (General welcomes)*

*We would wish to express our thanks to you sir. Les: It's a pleasure to be able to be used like it. We want you to know that your energies will be recouped this night time, when in sleep state. (Thank you.) You know as the physical being grows old, then energy is sapped more easily from the physical being and therefore must be restored, as one must not be over-used. So in allowing so much use this time, we thank you and again I say, you will be blessed.*

*Les: Yes I'm sure.*

*We hope your people here, found the talk from one of our teachers, most interesting. We have many, many times of teaching in our world, where we too learn so much.*

*Les: Yes I think everybody enjoyed it. (General affirmation + thanks)*

*He has been around you for time, I'm being told.*

*Les: Yes, I knew somebody was around me today quite a lot.*

*And the opportunity this time was most apt and it was right for him to come at this time, because I'm being told that thoughts have been given out by some here, as to why their development seems slow, but it was necessary for you to learn that you cannot rush the ways of spirit, whilst you are clothed in these bodies. Many aspects have been given to you, with this teaching, not only about truth, but about looking at oneself in the way of your own development of thought and action. So we say to you once more, be wise, listen well to those who come to you, they have the greater knowledge and come to you, to bring it to you, because in many instances, they have had to learn their lessons, the hard way. Be thankful that they come to you, to offer the help, to give you their love and to surround you at all times, secure in the knowledge that help is at hand, whenever it is needed. (General thanks)*  
*We would like also to say to all of you here, be thankful for this one, who you know as the*

*leader of your group, because he has many years of wisdom behind him and he knows also that many come to him, impress him and help him in everyday living. This knowledge he has gained is given to many freely and is offered with love. For this know him and know also that we too thank him for his many years of work. (General thanks)*  
*Now I will leave you. I thank you once more and I know that you all will leave this place this time, with much to think about and also that you all will feel much uplifted. (General thanks)*

*Les: I'd like to thank you too for your presence here tonight and for the serenity you bring.*

*I could only bring it, to conditions which can accept it.*

*Les: Thank you very much. God be with you. Salumet brings further light on Truth later in year (see 24/08/98)*