

~9th March 1998~

The first came through Eileen, to explain the plan for the evening. Eileen was to be used quietly. It was suggested that the rest of us discuss spiritual matters, whilst the work was done. There then followed a 'rescue' through Sarah involving a drowning, which Les dealt with. Salumet came through towards the end of the meeting, after our discussion:

Good evening. *(General welcomes)*

I could not leave you this time, without just a few words.

Les: Thank you very much, that's kind of you.

Your discussion this time has been of much interest to me, because my dear friends, you are speaking about that important word,

'Thought.' **Do you see how much and how far you have come in reaching this discussion?**

Les: Yes I suppose we *have*, looking at it like that.

All of you are indeed ambassadors for spirit; to give the knowledge that you have received. But I would say only this to you: Do not be foolish in your thinking; your acceptance of spiritual matters is individual to you all and therefore the attraction to others to help you to convey those thoughts must be considered.

Les: Yes we understand that.

When you have reached spiritual truth, there is no need for the expression of words. Show others by your example — the example of your physical living. And here, I wish to speak to the gentleman who was so passionate about physical living. I understand his thinking and I say only this to him: Of course, in a physical world, there has to be physical actions, but always these actions must be guided and if truly within your hearts you can say that your actions have been guided, then you have nothing to fear. But there comes a time in your development, when physical actions **MUST be thought about most carefully, because in taking action, especially actions that you have spoken of, you must remember that you will be responsible spiritually, for all words and actions taken. I know you understand this and I feel that the interaction of words here this time, became confused.**

Jack: I think you're right, yes. No, purely my contention, is that we are actually *here* in this physical set up, to do something in this physical set up, regarding spiritually —

Yes I understand my dear friend. Always be guided by spiritual thinking (*Yes.*) and the actions will follow. I am most happy to have joined you in this conversation. I am most pleased that we have attained such positions in your development that has enabled each one of you to speak so. Those who have not expressed themselves in words this time have been quietly engaged in their own thinking. To you all my dear friends, I say continue, continue in your thinking, do your best, you cannot do more, and all will come right for you. *(General thanks)* My love for you remains and I know that all will feel much uplifted this time. *(General thanks)* I could not allow this time, to go without these words.

Les: We do appreciate you taking the trouble.

Until next time, may each one of you continue to follow your chosen path.

Les: With your help we certainly shall. God be with you.

*There then followed another through Eileen, called Jack. He was a jovial chap, who helped to lighten the meeting at the end. He referred to the drowning mentioned in the rescue earlier, and how it sounds a lot worse than it actually is. *(Speaking from his experience)* He went on to speak about his love of flowers and how they bloom as long as you want them to, in spirit realms.*