

~18th May 1998~

Good evening. (*General welcomes*)

Let us first begin this time, by giving welcome to this new one who is amongst you. (*Mary*) I have to tell you my dear friends, there is a little apprehension with this one, but it will disappear.

Les: I'm sure it will. We have had a couple of talks together, but of course your appearing like this, is quite strange to the lady.

And for that reason, we will keep our conversation this time, more simplified. I would say to this one, that she is a little reticent with what has been brought before her in this lifetime, but that is not unusual, amongst you human beings, in any case. But although there have been many discussions and she is quite loathe to discuss deep feelings upon these matters, her thoughts until now, have always followed what you call the 'normal' pattern. But I will say this to her: Thank the one who has brought you to us, (*Sallie*) because at last, you will realise and will find what *Truth* is. That is all I wish to say to her this time.

Les: Thank you for that, it will give her confidence I'm sure.

Let us say for the benefit of this lady, how it is that so many of us from different stations in life, have come together in this *union of thinking* — how such different peoples have a commonality of purpose. I would say to you all my dear friends, it is not what you *are* in this lifetime, but it is the *unity of the spirit*, which has brought you together, not only in this time, but as you know, in times gone by.

Les: Yes our new lady is not aware of all that has been said about our pasts yet.

No, but the thought patterns would suggest that wondering why different peoples come together and what it is that brings you here.

Les: Yes to confirm that what you have said, when I was talking with the lady a couple of evenings ago and she asked whether she might join our group here, I was confident that the time had come for her to begin the work.

Yes, many words have been spoken by our dear lady known to us as Sallie, and for this she must be grateful, because now she will begin to grow spiritually, in the correct fashion. She is a spiritual being, who has rather lost her way until now — not that she is not a spiritual being — I

do not mean that; you understand? (*General agreement*) I play with words, but she has not fully understood the purpose of life.

Les: Well with your tuition, now she will begin to learn as we have learned.

I think for this time, I will take questions before I begin to work with this one.

Les: At our last meeting you said that on this occasion, you were going to discuss our last instruction that we should think and look within ourselves. (*Yes.*) And you were going to ask — I believe you said it would be a little light relief — you were going to ask what we had found.

Yes, that is the purpose of the questions.

Les: Thank you. So would you like us to begin self-revelations?

I will leave the organisation my dear friend, to you.

Les: I was afraid you might. (*Chuckles*) Right well let us start then individually, if that's agreeable to you, is it? (*Of course.*) Right Sue, are you with us? (*Sue as usual was in deep trance*)

No, please leave this one.

Les: Right, Margaret, what did you find in your self-examination?

Margaret: Well as you know, I felt very happy about life — it has changed my life completely. I don't think I could go on, without coming here on a Monday. It has relieved me of lots of agonising questions and things like that. I would be unhappy —

I would like to interrupt briefly to say, of course your life would continue, but we know and understand fully what you mean, because in the unison of all spirits here, the upliftment is much greater. Continue to know and to understand that that upliftment can only grow. (*Thank you.*)

Les: George?

George: During the session, I found myself going back in time and thinking about my earlier life and things I did as a child and later. I would not wish to do certain things now, but in those times past, I had a different awareness and I was influenced by others of different awareness — quite reasonably and I accept that those things were perhaps right at that time. But now I feel there's a different awareness and I would do things in a different way. Perhaps if I take one little example, when I was at secondary school, I had the choice of going into the cadets and learning some military tactics, or learning some

Latin. I think now I'd choose Latin, but I chose the cadet force at that time —

Les: Never mind, we still won the war! (*Laughter*)

Of course you understand that throughout life, that your consciousness is raised, but do not be dissatisfied with life's, how you would say, 'deeds' you are not satisfied with, because all experiences contribute to what you become.

George: Yes I think I accept all that. (*Yes.*) Yes I'm not unhappy about the past.

That is because your understanding now is greater. Good.

Les: Mark?

Mark: Yes like Margaret, I can't begin to describe the value that I get out of coming here. There's a balance here that I don't have in my day-to-day life. And I'm becoming more aware of when I'm *not* on the right path; I don't feel at all uplifted, when I'm on the wrong path —

Yes, but we do not want you to be dismayed. After all, you are human my dear friend, no one has said that you can be the *perfect* human being. But what is good, is that you have found *balance*. But that does not mean that you should be wholly satisfied, but that you should continue to search and to grow. Yes.

Les: Sarah?

Sarah: Yes I feel that this has been tremendous help to me, being in this group and it's helped me with my attitude towards other people; I think I've become more tolerant of other people and perhaps understanding people a little better than I did before. Perhaps I'm trying to be less judgemental than I was.

Yes, have I not tried to teach you, that you should judge no man, because you do not fully see the whole picture of their lives. (*Yes, absolutely.*) But you my dear friend, have I would say in all of the peoples within this group, the one who has grown most. (*Thank you very much.*)

Les: Any contribution you'd like to make Mary? Anything you'd wish to ask? Don't be nervous—

Mary: I can't think of anything to ask right now.

Les: Right. Sallie?

Sallie: I think I heard it slightly differently last week. I thought I heard Salumet say about characteristics that we wanted to rid ourselves of, or to change — maybe that's just something I need to concentrate on myself — I imagined I'd heard that. But during last week's meeting, I was thinking about a particular personality trait that I

have, where I become *resentful* and I've been trying to work upon that for ages. But after last week's meeting, I drove to work and I thought various resentful thoughts about a particular person, and just told myself, '*you don't need this anymore,*' and I got that really lovely feeling of warmth and light and support, which is very encouraging. I don't think I've done terribly well at it this week, actually, so it's something I've got to keep going at. But that's how I took it, that it was about something we wanted to work on.

My dear friend, you are much too harsh upon yourself. No one expects you to be rid of all disagreements in your life. You cannot suddenly become what you upon this Earth, call *Angels*; none of you will ever become that in this lifetime. But in saying this, we have to tell you, continue to work, continue to know yourself, work upon that inner knowing and all other aspects of your life, will begin to fall into place. Do not be too harsh, but *know* that you have the ability, to be the best that you can and to know and to work towards that goal. Look within more often; do not dwell upon what you call your thoughts.

Les: All right Sallie? (*Thank you.*) Lillian?

Lillian: Like Sallie, I've got resentments, which I do try to overcome and I do find the words that you have given over the last few years, a really great help and thank you for that.

My dear friend, I ask no thanks, I thank you all for allowing me to come into your lives. All of you have grown much — all of you *spiritually* have grown. That is the difficult part for you that you have not yet fully grasped that inner spiritual knowledge, which is *there* to uplift you, to uphold you in times of trouble. Once each one of you can fully grasp that inner sense of knowing, all would be well.

Les: Thank you. Now it comes to me. It's interesting that Salumet should speak just as he has spoken, because in my examination obviously I found many bits and pieces that I'd have preferred not to have raked up again. But accepting that each of those incidents was a method of growth, if I can say this without conceit, I forgave myself for the past. And I have concentrated more fully on what we have been told, about the responsibility for the *spiritual* self, being on the shoulders of the physical self, whilst we are here. You'll remember that talk we had and I have found that in this last week, to be

exceedingly helpful, in making me understand more of the reasons, for which these so-called 'peccadilloes' are visited upon us, during our physical being. They are not misdeeds, they are not necessarily wrong— (*Breathing changes as Leslie begins to channel*) —**they are all part of the preordained pattern, visited upon you as spiritual beings, when you returned for a further spell upon this physical life's plane. Has it ever occurred to you that growth would never be achieved, in the way in which it should be desired spiritually, if you did not have the setbacks, the disappointments, the regrets — the many things in your physical make-up, which go to make you what you are now at this moment? A diet of honey, however sweet the honey may be, would become very appalling to you, would it not, if you have nothing to off-set that sweetness? Do you understand?** (*General agreement*)

George: Yes, we are learning the value of setbacks.

These 'disadvantages' as you call them, the 'mistakes' as you refer to them — the things you would rather not have done of which you have spoken, have all been designed in the great pattern of life, so that you may more fully appreciate and understand the sweetness that is there, to be yours for all time, when you learn how to enfold it within your spiritual selves. You have heard remarks this time, on the happiness that one of your friends wishes to retain. You have heard from another of your friends, the result she felt after discarding her previous thoughts. These are but minute things in what awaits you, when you have learned that the physical part of you is of no importance at all. The only purpose the physical body has, is to give you those disappointments, sorrows, mistakes, regrets — things which you would not obviously choose for yourself. Regarding them as part of an important physical life, they are important only in as much as they lead you, gradually perhaps, but lead you nevertheless, to an understanding of the need to concentrate always upon the advancement and the growth of your spiritual selves. Does this perhaps make your physical disappointments, mistakes, regrets, adversities, a little clearer to you, accepting as you should, that they are part of the pattern, which you must have in order to

grow? (*General agreement*) **Is this clear to you?** (*General affirmations and thanks*) **There is not one in this room, who would choose to lose a loved one; still you mourn, still you regret the passing of that one, instead of being grateful that the lessons of the physical life, have been learned and that one whom you consider to be lost, has in fact reaped a rich reward of spiritual upliftment, joy, blessing — all suffered in this physical life, will have been paid for in that one moment of truth. Is this clear to you?** (*General affirmations and thanks*) **It is unfortunate indeed, that so much emphasis is placed — understandably so I agree — is placed upon the physical characteristics and attributes. And yet the purpose of that suggestion for self-examination was based upon the need for you to recognise now, that the physical problems are but a method of ensuring that you spiritually grow. Knowing that, would you willingly sacrifice all the problems inherent in the physical living, or would you accept those problems, secure in the knowledge that the spiritual reward far outweighs the difficulties, the disappointments of the physical living? Is it not worthwhile? Would you rather it be any other way?** (*General agreement*) **You would accept each of you, that the pattern designed for you, upon this physical plane, is not as unfortunate as perhaps would appear, at a casual glance. But having as I believe you have, understood the reason for the physical problems, you would not I presume have life in any other way, but to prepare you for the beauty, the unimaginable beauty, of a pure spiritual existence.**

George: That was very clearly put, thank you very much for that. (*General agreement*)

Would anyone have a question on this, while our master works?

George: As regards loved-ones departing this life, I feel there always has to be a certain sadness in parting, even in other circumstances of a friend moving away. With us there seems to be almost of necessity a sadness in the parting. Would you feel that this is reasonable? But in the case of mourning, this should not go on for a long time. **My friend, it should not even begin. It is understood that since you are so inured, enveloped in your physical circumstances like grief, is understandable. But the strength of your spiritual wish of your desire for the one who has passed on, that the desire that he or she should**

immediately begin to experience the beauty of the transition — that should overcome any physical grieving that may be apparent. (Yes.) I know it will not, but it should. Please concentrate upon this. Do not feel guilt at your joy that another has passed to us. Until you become much more spiritually aware, that grief will continue to be with you for a time. Dispense with it, disregard it, lose it as soon as you can my friends, because it is important to remember that the grief you display, will unfortunately react on the one who has gone, preventing that soul from travelling forward. If you wish them to be with you, to comfort you, to remove the grief which you are showing, so the very thing that you are hoping for, that all will be well for the departed, you yourself will be preventing. Do you understand this? (General affirmations and thanks) Your grief places a shadow around each of you, when that grief is acknowledged and permitted and the one who has passed cannot penetrate that. That cloud of misery that you yourself have put unknowingly, to prevent the soul from returning to comfort you. That is why I say do not feel guilt, if you cannot produce any, what you would call, real 'depth of grief' — yes there would be tears of course, yes there would be sadness that is understandable; but deep grief, no, no, no. So do not let constant grief colour your judgement, colour your outlook, and in particular prevent the one for whom you are grieving, from progressing instantly in the new conditions in which he or she may find themselves. Do you understand this now? (General affirmations and thanks) Always we ourselves are sorrowful, when we see the darkness surrounding those who are called 'mourners.' If only you could see it yourselves, you would realise how stupid it is, to continue such matters in a physical world, which in itself is full of misery. You but add to those conditions, and those I would hasten to add, are NOT part of the plan, which was intended for you. Forgive me, but talking of grief, has in it's very self brought it to me — it will go — please forgive me for a moment.

George: Of course. (Pause)

You may not believe that there are those who still suffer from their own grief, because of the grief displayed by those who mourn them still. So I say to you, if there is anyone amongst you, who occasionally recalls a grief, which was

evident at the passing of a friend, or a closer one, discard that completely please. Do not even let it come into your mind; because however long that may have been ago, it will still attract and make unhappy, those about whom the thoughts are given. Is this clear to you? (General affirmations and thanks) Now do you have any further questions? I think I have mentally chastised you enough, do you not think so also? (laughter) Now, if you wish to question please do so? (There were no further questions) But I do beg of you, give very serious thought to the question of grief, at times when you would consider it should be shown. Never forget this. Your grief is a magnet, which draws back those for whom you are grieving. Then if you wish my presence no longer, I will bless you my friends, encourage you in your spiritual growth. Do not as the master says, be too harsh upon your living. You are executing the plan prepared for you. You could not know of it before you came, you must experience it whilst you are here. God be with you my children, help you, uplift you, support you, give you happiness, that happiness may be passed by you to others — Bless you.

(General thanks, blessings and farewells)

There then followed one briefly through Sue: I bring this for you. It is a flower of my realm. The colour is so beautiful I wish you could see it with your spiritual eyes. Leave it in this room and tell each of your friends that come here that it is here and it will grow and the colour will become vibrant. It is a flower of love and is given in love to each one who enters this room.

Les: And we shall nurture it with our love and we thank you again. God bless you.

Finally one briefly came through Eileen:

Before we leave you this time, I am instructed to tell you and thank you sir for allowing the communication which has taken place this evening. I am also asked to tell you before we leave you this time that each one of you is beginning to recognise the power of your own thoughts. I believe this is something which you all have been instructed upon. (General agreement) I know it is something which you all like to hear about, but I do have the feeling that these words for you people in particular holds great meaning. With these words I bid you good night and thank you for allowing me into your lives for a short time. (General thanks +

*gratitude) I come only on the wave of love that
each one of you sends out. (Thanks and
farewells)*