

~22nd June 1998~

Good evening. (*general welcomes*)

**Is everyone comfortable this time?** (*General agreement*) **There have been heavy hearts with some of you, since last we met. I hope that each one of you knows and understands that by coming together as you do, do you realise how much each of you are given from each other, to each other?**

Les: Yes, and I don't think anybody has any doubts about that, have they, that they are giving and taking from each and all? (*General agreement*)

**But are you aware that the interaction and exchange of energies which occur within this room, helps in your growth and understanding of life itself?**

Les: Yes, I think it must do that and would I be right in suggesting that not only is that growth and understanding applicable to each of us here, but by its very nature can be used for the growth of others outside this room?

**That is where your work begins, not in the exchange or interaction of your own individual energies, but in taking forth from this room and giving to another. That is the work that each individual one of you — that is each one's responsibility. But in coming together as you do, it — shall I use one of your common sayings, 'recharges each battery.'**

Les: Yes, thank you, we understand that.

**Of course, I do not speak about the physical, let us be clear about that dear friends. I again speak to you on a spirit level. Are you aware of this interaction, or I fear *some* of you may not fully know or accept that this is so, yes?**

Les: I can only answer for myself, yes I do.

**I wait for the lady's question.**

Les: I beg your pardon —

Sallie: It's something to do with, we're learning from each other in the interactions, apart from recharging spiritually, each one of us is teaching/giving something to somebody else in the group — knowledge or understanding—

**Of course — you have it. Not only are you giving to each other spiritually, you give to each one here, that energy which perhaps they are lacking in. Now do you begin to understand? It is a mutual exchange of energies with each one of you. It matters not what stage of development you have reached spiritually, but it does matter**

**that you allow this coming together, to give of your time in order that this process can take place.**

Les: So even though some of us may be unaware of this, our reaction to people outside of this room in the course of our physical daily work, daily life even, this could be taking from us some of the spiritual knowledge and energy, which we acquire from each other at these meetings?

**Yes my dear friend. You exude the spiritual energy, which is — I will not use the word 'recharged' again, because it is innate within you all, but it needs to be used wisely. And of course you would not always be fully aware of what is happening in the meetings with another. After all, have I not told you that there are no chance meetings?** (*General agreement*) **Therefore when you come to meet another human being, always there is a spiritual purpose.**

Les: Yes, you have made it clear in the past too that it is the spiritual part of that person we may meet, that is being attracted to our spiritual self, even though neither of us may be aware of that. **Yes, you should by now at least be aware a little that these interactions are taking place. I believe my dear friend that at times, all of you have the inner knowledge that someone known to you perhaps, is in need of some of your help; that is the spiritual drawing to another person. You human beings tend to name it *coincidence* or *accident*, when in fact spiritually you know that you are being drawn to that person for a good reason.**

Les: Yes, I think it will be interesting for us all to have an individual reaction to that, if everybody's agreeable. Jack, have you experienced that?

Jack: It's what you'd normally call *intuition*, I suppose. (**Yes.**) It has happened in the past certainly.

Les: Doesn't matter if you do call it intuition, it's basically the same. Sallie? I know you have, haven't you?

Sallie: Yes I have and sometimes I think it comes through dreams as well. Perhaps if for whatever reason you are not taking enough notice of what your intuition or a spirit guide is prompting us to do, then sometimes you'll get another prompting in sleep state.

**We have discussed this matter have we not? When you know that something is repeated to you constantly, that you must heed it and know that you are being helped to understand. We**

**have spoken at length about this matter, have we not? (General agreement)**

Les: Mary?

Mary: Yes, I think I do, but I think I often don't listen enough, but I realise afterwards that I should have listened.

**Yes, the lady — her logical thinking sometimes interferes with what she should be feeling. But no matter, each one of you has experienced these things. It matters not what title you put to it, know my dear friends that it is the *you*, the real *you*, that is at work. This lady has much to do in time to come.**

Les: Sarah?

Sarah: I think I'm getting better at listening to what's been coming, I'm much more aware now than I was before. I think since we had the talk on it, I've been made more aware.

**The purpose of helping another is firstly of course to recognise the awareness, but to allow yourself not to question, but to — how can we say — *automatically* be drawn to what you know is to be of use. Too often you humans withdraw from your way of thinking and feeling. It should be spontaneous. You will always be drawn to the right person in need of help, if you will allow those thoughts that I constantly and repeatedly speak about, if you will allow them free rein, they will always guide you to the right directions.**

Les: You remember the talk about intuitive thinking Sarah? Some time ago Salumet spoke about intuitive thinking as opposed to physical thinking. (Yes.)

Les: Paul?

Paul: I sometimes get a feeling with people, but I think I'm too inhibited sometimes, (Yes.) to go with the flow.

**He is reserved at times, but can I say this to you, that sometimes with your reticence, it matters not, because you give forth much, my dear friend and those energies will be taken, if your intentions are good. So all you need at times is to be a little more forceful with yourself. Do you understand?**

Paul: Yes, I think so. Sometimes it's difficult to find the right words for things.

**Yes, that my dear friend, is your human failing. Work upon it and you will be helped if you so desire. But you need to *want* that help. Can you understand?**

Paul: Yes, I'm becoming aware that that's an important part of the growth, yes.

**Do not be too concerned, but it is good that each one of you is aware that these subtle energies, are always at work.**

Les: Mark?

Mark: Yes, sometimes I've noticed with a lot of people I find there's not much impulsion to talk to them, but I get the odd person, and it surprises me, that there's been quite a free channel of conversation.

**Yes. You must remember also that numbers are not important. If you can help but a few people within this one lifetime, then I say to you all my dear friends, your task in helping another cannot be dismissed. Do not feel that there is any gratification in numbers. Do you understand? (Yes.)**

Les: George?

George: I was at a wedding at the weekend and I felt there was a very good energy at times. (Yes.) It left me with a very nice feeling as well and timing seemed to be important. There seemed to be a *right* time to talk with an acquaintance.

**Yes. Can I say this to you, that many opportunities are placed before you in your lifetimes upon this planet. You, my dear friends, remember what I have told you, that your free will is all-important when it comes to making decisions; you either can go forth and offer yourselves for good, or you can retreat back and withhold those vital words of contact. But each one of you are given the opportunities to grow and allow your spiritual growth to touch another human being. When you feel that interaction of good, are you not left with that feeling of upliftment? Do you not know that that time spent in contact with another human being has raised you to greater heights? (General agreement) The feeling is always one of good.**

Les: Margaret?

Margaret: Well I've become a good listener and I was asked to talk to a lady who lost her husband a year ago and in the last three weeks I have made her a lot happier and that's made me happy too.

**Of course, again I would say to you, it is not always necessary to use the spoken word — a look, a touch, a gentle gesture, is enough to uplift another. It of course depends on each individual situation placed before you.**

Margaret: The first time she came to see me, I gave her a big hug and she said she hadn't had that since her husband died, so I was quite pleased that I could give it to her.

**And do you not see the rebound effect that you have had, my dear friend? (Yes.) Not only have you helped the lady, but in helping her you have helped the departed one. Do you all understand that? (General agreement) Because, my dear friends, that is important to understand, that what happens within your world, also is like a mirror image in ours. Do you understand that? (General agreement)**

Les: Lilian?

Lilian: Yes, I can see the interaction now. It's much more clear and you've already answered my question, on the feeling we get when we have helped someone. I guess that's the spiritual upliftment.

**Yes, remember that what you give out, so do you receive and that is why the feeling of joy and upliftment is greater, when you have taken forth and done your work well.**

Lilian: It makes much more sense now.

Les: I won't go into a lot of detail, but in the last six months, to confirm what Salumet has said about there not being accidental meetings — in the last six months, I have had five people contact me, who over a period of time going back to 18 years, received help either for themselves, or for a close relative and the last one happened today. It has surprised me each time, until I remembered, about there not being such a thing as an accidental meeting. I must confess I felt very happy each time I was speaking to each of those people.

**Yes, and do you not see my dear friend, that because of your going forth in your years of knowledge, that others in return, do not need you to go forward but are pulled towards your energy, your light, your goodness? That is why they come to you. As in all of the other cases, when people — perhaps you would say unexpectedly come and you are able to help them in some small way. But because of your many years of dedication my dear friend, more often than not, at this stage of your development, people are drawn to your light.**

Les: I'm very happy to learn that of course. Obviously I am always delighted to help them again.

**Know that you have worked well. There have been occasions, which I will not go into, but which in time you will recognise that you have missed out on, but of course as human beings, that is quite natural, so do not be harsh with yourselves, when the time comes to stand forth on judgement of yourselves. You understand? (General agreement)**

Les: I hope everyone feels better for that 'discussion,' shall we say, on personal revelations; it can only have helped us. (General agreement) You can only have helped each other. You counterbalance each other when you meet in this manner. I wish I could show you all the colours and the energy that is within this room at this moment in time. If only you could see the blending of your energy, it creates something that would dazzle you. So my words to you this time my dear friends, are these: Come to know yourself well. As you know yourself, allow that part of you, to go forth, to allow others to know you, to be strengthened and uplifted by you, to take forth all that you have learned, but never to force your thoughts upon another — this too we have spoken about. (General agreement) Be careful in your thinking, but to allow freely, to give of yourselves freely, in order that your spiritual energy can be blended with another in need of such energy. After all, my dear friends, you are all but energy. See yourselves thus and you will find greater knowledge of all things.

I would ask if I may this time, that as I leave you, that each one of you sit quietly for a few minutes of your time and feel those energy patterns that you are. Come to recognise them and then to allow them to expand to each one in this room. See my dear friends, if you can feel the blending of those energies. I withdraw from you this time, leaving you with my love, love that belongs to all Creation; an all-encompassing love, not only for you this planet and all others, but to know that as I leave you, I leave part of me, with each one of you. (General thanks and farewells)

*Les then began to reiterate something when one spoke through him:*

Les: Before we go into silence, I'd like to remind everybody, including myself of course, of what has been said so many times: You never know what seeds you are planting and you cannot know what the result will be. And if you remember that every time you have occasion to help anybody — *(Les then channels)* — ***you can never know the extent to which those seeds you have planted will flourish and will in their time, produce growth, which will of course in time produce further seeds — and so the cycle is never-ending. Think not that when you help one, it is one only who is receiving your thoughts, your love, your energy. It is not your individual energy, as you have been told tonight, it is the universal energy of all within this room, who have, though not aware, have themselves benefited from the seeds planted by others, who you do not now remember. Do you understand this? (General agreement) You are the growth, which is now in turn, able to produce the seeds for future growth, and so the cycle continues. Is this clear?***

George: Yes, beautifully clear, thank you.

***Free your minds of the thoughts, that the help you give is a personal effort. It may pass through a personal channel, but always it is a universal consolidated effort; the effect of much in the past, which also has been consolidated and was universal. Is this also clear? (General agreement)***

**Is there any question you would like to ask, if not we will go into the silence as requested. (No questions)**

***God be with you all. (General thanks)***