

~29<sup>th</sup> June 1998~

**Good evening.** (*General welcomes.*)

Les: We're very pleased to welcome you.

**I await your questions this time, before I work quietly with this one.**

Les: Right thank you, would anybody like to start the questioning?

Sarah: It would be nice to know what Salumet thinks of this changing of fruit with genetic engineering?

**Yes, my thoughts my dear friends, have been given to you on previous occasions regarding human links with genetic interference. It differs not with your question. I will say only that man must stop interfering in the manner that he is so doing. He will find the error of his ways.**

Les: I think you're referring to genetic changes now, are you?

**Yes, mankind must realise that *all* is already perfection, that has been provided for you upon this earthly planet and any such interference, whether it be human, vegetable, mineral, whatever — he must realise that although he seeks betterment at times, he is failing in his heart-felt desire for such.**

Les: I don't think he will better anything.

**Of course he will not. But the seeking and the searching, is what is uppermost in some human minds. Does that satisfy your question?**

Sarah: Yes thank you very much.

Les: Any more questions?

George: We have talked about the soul and the way it is made up of past lives, or in a way it is made up of past lives, but these past lives will be from different time periods. I was wondering if any further discussion of this might help us to understand the nature of *Time* more.

**You will never fully comprehend the time factor as described to you here. After all, the soul does not belong only to past times, it is with future times also — that is where the difficulty lies. The soul encompassed past, present, future — all is intertwined. We have gone into this at certain times and I have said to you, we shall return to it on many occasions. But at this particular time, I do not feel that you are ready for more detailed discussion.**

George: Yes, thank you for your words on that.

**I hope you are not unhappy, but we shall seek for you, in your understanding of the time-scale.**

George: Yes, thank you.

**Remember the soul is without *time*, do you all understand this my friends? You must fully realise that the soul is *timeless*. (*Some agreement*) Are you sure that each one of you understands?**

Les: Yes I think we shall have to accept and understand that we shall never understand in this life.

**No, you never will, but we can help you to understand just a little more.**

Les: Yes I agree.

George: It's nice to have your statements, because that does make us more certain of those few facts that we have grasped.

**Yes, in pondering these facts, then your knowledge will automatically grow within you, yes.**

Les: As a matter of fact this isn't a question, but it follows on: I was thinking of you — well I've thought of you quite frequently recently Salumet —

**Yes and I thank you for that.**

Les: — and it tied up with something my lady Ruth used to say when things weren't quite as we would have liked them to be. She would say: '*Well I always remember what I was told by someone who was very knowledgeable: If you can't have what you want in this life, always make the best of what you've got.*' (**Yes.**) That doesn't sound much, but it's quite profound.

**And I will tell you, that is still her thinking philosophy; it does not alter because your state is altered. Remember how important your thinking is.**

Les: Yes I think it would do us all good to keep that constantly in mind, because if we do try and practise that, then we are inevitably fulfilling our desire for spiritual growth too.

**Your spiritual growth will become natural to you, if your thinking is correct. It follows — it *has* to, that if the thoughts are following the correct pathway of your lives, then your spiritual unfoldment also will follow. Can you see, it must always be connected with your thinking?**

Les: Of course it must.

**I always will stress on many, many occasions, the power of your thoughts. After all, you are pure thought. Do you understand my words?**

Les: We understand what you are trying to make us understand. (**Good.**) I think we accept that we never shall fully understand, but we must, by making the best of what we have got each day of

our lives, we automatically are progressing towards a greater awareness of what we do have ultimately to understand.

**You have much, much to understand. But my dear friend, when first I came to you — and that was in this month of your year, it was said to you both, that we must go slowly, slowly, slowly, in order that the understanding for each one of you, in differing states of development, would be enabled, to understand at their own pace, that the information and wisdom that I was to bring to you, would be devoured by you and readily accepted by you. I wanted you to grow slowly, slowly, in order for this information to be digested properly, and I will say this to you my dear friends: My heart grows full each time we meet, when I see how much each one of you has grown. You may not all be aware, but your spiritual lights now are so much brighter.**

Les: Thank you for that I know it's very comforting to us all and thank *YOU* for it. I know you say you don't want thanks, but let us have that physical acceptance.

**I accept them (?) but it is not necessary my dear friends. I have come to you on a wave of spiritual love and have been accepted by you all and you have returned fully, that love which I have brought (?) each time we meet —**

*The recording had become very faint/fuzzy by this point as Salumet withdrew in order to work quietly with Eileen.*

*There then followed one through Sue, called Sister Veronica, who explained that she had brought along some children in need of healing. These children had suffered much whilst on Earth and were given healing/comfort from the sitters who were each assigned one child to work with. Any despairing thoughts were to be released with love.*