

~3rd August 1998~

No new teachings this time, as Salumet wanted to speak individually with each sitter, but these sessions may be of interest/applicable to you too:

Good evening. (General welcomes)

I wish to say to you this time dear friend that you are a little tired, but we will draw close to you. (Thank you.) **Because we are fewer in numbers this time, I do not wish to embark upon any new teaching this time, but rather perhaps we all can consider what each one has come to know of themselves, since first I came to you.**

Les: Certainly.

Each one of you is on their own pathway of development, but now I do feel the time has come for each one to analyse himself or herself spiritually, in order that we may move forward and grow together more closely.

Les: Yes I understand. Would you like everybody to give you their individual conception of how much they have improved, since we began?

I would wish that and in doing so, if they have questions for me, then we will use this opportunity this time, to help them on their way.

Les: Thank you very much indeed. Shall we start with you Sallie?

Sallie: Well I think the last time we spoke on this subject, Salumet was saying that I had grown more in understanding more about myself and I think since that point, I've gone through various lessons of my own making perhaps and probably the one I'm in the middle of at the moment, is letting go of attachments. That's my understanding of what's going on at the moment, with me on a spiritual and physical level.

You find that you cannot separate spiritual attachments from physical attachments. Is this what you are telling me? (Pause) **Yes.**

Sallie: Yes.

Do you begin to recognise that you — the spiritual you, has power over the physical thinking, if you so desire?

Sallie: Yes I know and feel that spiritually I can affect my physical environment.

Therefore your life's pattern is beginning to take shape. You still stumble my dear friend, over many things physically, which you should by now be able to place to one side. I hope that you can see that your *spiritual self* — and this is all important, that the *spiritual self* must grow.

What do you feel you have achieved within this lifetime?

Sallie: I have achieved I suppose, what I wanted to.

No, you have not. If you had achieved what you had intended, you would not be sitting here. Can you see this? Can all of you understand?

(General agreement) **Only when you fully understand yourself, only when your lifetime's task is completed can you say, *I have achieved what I intended to.***

Sallie: I understand what you're saying, I probably didn't explain myself. What I meant was, I have probably only achieved up till now, what I've wanted to achieve. I don't mean I've finished achieving — I don't mean that at all, far from it.

In that understanding then I say to you my dear friend, continue. Give some of your daily living, in knowing that spiritual all-important aspect, that is the true you. Each one of you at this time in your living, must give some time to spiritual growth, *conscious* spiritual growth. Of course you grow *unconsciously* shall we say, each day of your living, but now we would wish that you devote some time to *conscious growth*. Do you understand the difference? (Pause) **No?**

Les: It could be called a sort of meditation Sallie, when you're consciously trying to develop. **(Yes.)** You understand Sallie?

Sallie: I'm not sure what the unconscious growth is though?

Les: That is your spiritual self.

That is working without conscious effort. The generosity, the smile, the helping hand, that are all spiritual attributes that are done spontaneously, without conscious effort. That is spiritual growth. Do you understand? (Yes.)

Les: It might make it clearer Sallie, if you were to go back to what Salumet has told us some time ago, about the dual responsibility that the physical has for the spiritual, and what the spiritual has for the physical; you may remember that talk. Each has responsibility for the other. **Whilst you are in these human forms, spirit must use these physical bodies. But in order for the spirit to grow, it is necessary that you to live your lives to the full, that you accomplish all that you came to do. Most of the time, that spiritual growth is an unconscious effort, but when you reach the time of development which each one of you has now, the time is ripe the their**

conscious spiritual growth to take place. Do you understand what I say?

Les: Perhaps I can add to that Salumet, if you permit?

Yes please.

Les: Thank you. What I've found to be very effective and I've done it for quite a time now: Once we were taken through their land (*spirit realm*) and I saw a coloured waterfall, and I was told it was not a waterfall, it was energy in the form of a waterfall. Since then — to capture what Salumet says about *conscious* spiritual development, I sit every morning, not attempting to meditate, but I walk into that waterfall and *will* myself to absorb the spiritual energy, which is there to be taken. That is a *conscious* effort to develop the spiritual awareness. Is that clear? (Yes.) I think you might find it advantageous perhaps, to do the same thing. I have found it worked. Right, Mary?

Mary: I think that I have began to understand that I'm responsible for myself, for my past self, for my present self and I will be responsible in the future. I try daily to put effort into what I do, to try and give out something of myself to the people around me. I don't know how well I'm doing that, but it is a conscious thing that I'm doing. And at night I quietly try to go over my day and see what I've done that I'm pleased with and to examine the things that I'm not so happy with. I don't know if I'm growing, I —

Let me say this to you all, before we continue: I have told you I hope often, how much each one of you has grown. Your spiritual lights are bright, they change of course they do, but each one of you has grown much, since we met first. Do not doubt, you could not be sitting here as you do and not grow spiritually; please my dear friends be clear about this. What I am asking you this time, is to recognise your own awareness of your growth. Never doubt that spiritually each one of you has grown much. I am sure if you looked around at one another, each one could give you something of the other, in the way of change, in the way of recognition of the others, which they have noticed since first we came together. Remember also, that this coming together of all of you is not the first time. Remember also that this lifetime brings you the opportunity to expand in one aspect only of the whole self. So YES my dear friend, you have grown much, do not doubt this, and what you

are doing I can assure you, is the way forward in your own spiritual growth.

Mary: Thank you. May I ask a question?

Of course you may.

Mary: I'm one of the newer ones to this group — **But that does not matter. Who are you to say how old or new you are in spirit?**

Mary: I just wondered if I had a connection with this group previously?

All of you have come together, not always in the one lifetime, although most of you have, as I have told you previously. But there has to be the connection in past times. Did I not say, and perhaps this lady was not present — I told you all that I have waited a long time for the right conditions to come to be.

Les: Yes you did tell us that in the early days.

That many would come and go, which our dear friend can verify for you over the years, and who has shown great patience in waiting for many things to happen. But I'm sure also, he will tell you that perhaps one of his own life lessons, is perhaps to have a little more patience.

Les: I think that's right. All right Mary?

Mary: Yes fine thank you.

Les: Jackie, I know you haven't been back long, but do you have a question you'd like to ask?

Jackie: Well, not really a question. I feel that people come to me, so I feel that I'm probably quite good at talking to people. Friends come with their problems, but I think it's difficult to say, because your private lives do interfere. We all have our problems and we all can't help think about them, whether we are on the right paths — I'm sure we all think that, don't we? (*General agreement*) We've all got so many personal problems in life.

Sandra: Yeah I don't understand why all of us have had such a hard life really, with personal problems.

Jackie: To make us better people, I know I'm a much better person now.

Well, have you not answered your own question?

Sandra: If we didn't have the problems, we could work better, more spiritually?

Why would you need to be here, if you had nothing to work upon?

Jackie: So you think we all come here, because we all have our problems in life?

I do not think, I *know* that each one of you has chosen your life, in order that you may work through *many* problems. There I hear you say, *'why do some peoples have such sweet lives, while others have many difficulties?'* Again, I will repeat, **who are you to be the judge?**

Jackie: No I'm not saying I'd like a simpler life, what I'm saying is that I've changed a lot and I think for the better. **(Yes.)**

Jackie: I don't know, perhaps I feel it should be a rewarding time perhaps, it would be nice if something went well for a while.

Sandra: It's difficult to explain — a pat on the back or something, perhaps that's humans, isn't it?

Yes it is a human failing. Why should you receive gratification for what you have chosen in your own lives?

Jackie: So we choose all our problems?

Not necessarily, but the power of your thinking can alter your life's pathways.

Jackie: But we have paths, don't we? And these problems must be on the paths, mustn't they, to make us better people?

You have chosen obstacles in certain areas of your lives perhaps, in order that you grow spiritually. That is the important area, not that physical living can be free of worries, or that physical living can be easy. After all, if life was too easy, what would be its purpose? (General agreement)

Sandra? I know there're people who are a lot worse off.

May I suggest to you my dear friend, (Yes.) the best way forward spiritually, is not to allow your thinking to dwell upon the self.

Sandra? And the *past* as well, isn't it both?

May I suggest to each one of you, that the ego, the physical self, must be placed where it is best dealt with, and that is *far* from your thinking. Is this clear to you all? (General agreement)

Mary: In the last two weeks, there have been various things coming up in my life, that seem to — I'm going through them, but I have a very strong sense that I'm not going through them alone, that there's somebody there guarding me, because some of the things — it seems that things are resolving themselves, almost with my faith that they're going to be resolved. But I'm always aware that there's somebody near me, you know that there's a spirit that's close to me helping.

All of you do not stand alone. Surely you know and understand this from the beginning?

Mary: I think I've always known this, but it just seems so strong right now.

Because your own spiritual self is allowing positive energy to exude from you, so those who stand close by can blend with you more easily — that is why. When you retain negativity in your lives, do you not see that you create barriers to those of us in our world? That it becomes more difficult to help you and remember dear friends, our desire is to help you, to uplift you and to guide you. *You are never alone.*

Sallie: I'll tell you what I've noticed with regard to *help*, is that when I think that I've done everything I can in a situation and then somehow I've found some energy or some spirit to make me do a bit more and it seems that nothing I do is effective; suddenly it seems like I have a *magic friend* and I get given a huge chunk of something, which is much more than I could ever have imagined. It doesn't happen that often, but when it does it's quite amazing.

Yes, that is because you are allowing yourselves to be open to our help — you offer yourselves to us for help. If what you desire is for the good, is for your spiritual growth, there are many who will be by your side. Do you all understand this? (General agreement)

Jackie: Yes because when I first came here on a Friday Les for a coffee, and Les said that so many people were trying to help me, but I wouldn't let go of the past and they couldn't get through.

Yes, you create that barrier.

Jackie: Yes, you're not aware that you're doing it —

But that is where conscious spiritual growth must help, that is what I would like you to try to achieve at this point in your developments. If you will only open up to us in our world, your lives could be much more simple, because no matter what troubles or what problems come to you — and I do not say your lives would be trouble-free, but I do say this to you my dear friends, that your lives would be easier, because spiritually you are stronger. That is the difference.

Les: Sandra?

Sandra: No, I know what I've got to do Les, I've got to give a bit of time to relax.

You must give more time.

Sandra: It's just that I run around too much, I know it's what I've got to do.

All through life, too often in your lives, excuses can be made. (General agreement + chuckles) You have the free will to alter this.

Les: You could find time for what I told Sallie I do.

Jackie: Yes I'm going to do that.

Les: Right, Sandra?

Sandra: I just said that I'm going to make some time to try and relax and develop that way.

Les: That's all you want to say is it? (Yes.) Fine, well if you do the same thing — think of the waterfall as energy and consciously walk under it and absorb it and you'll be astonished at the reaction you get.

Sandra: Right, I'll have to, yes.

Les: Paul?

Paul: Yes I think generally that's one of the things for me as well, to spend more time relaxing.

But how do you feel you have changed? How have you grown spiritually since we first came together? What is your understanding of yourself? You do not look deeply enough, you must question and find the true spiritual pathway that you are treading. Look deeply my friend, to find that true self and the recognition will be shown to you; it will be shown to you in a way that you had not imagined.

Paul: I was wondering about — to eliminate the distractions, I had the thought of doing a *vision quest* or something, for three days, getting completely away?

I would say only this to you: I will help each one of you when I can, but you must each one of you, find your own individual way, your own pathway, that which you find easy to adapt to. So if you feel that is what you must do, then follow that instinct, or can I say not instinct, but inspiration. You do not always FEEL what we try to give to you my dear friend. I will help you.

Paul: Thank you.

Les: George?

George: I feel bigger than this physical frame. I've increased in knowledge, I've increased in awareness. These qualities seem to run side by side, with a deeper love — compassion and humility also come into the equation. I feel a more sensitive being, I think that's how I feel I've changed over the last four years.

Yes my dear friend. That your words are knowledgeable, because you see, those of you who seek the more spiritual way of life, do

become more sensitive. Your words please me, it shows that you recognise the changes within you. That the spiritual aspect of yourself comes forward more often than it did. So I say to you my dear friend, ponder upon your own words and consciously act upon them, in order that that growth may continue and that you become a useful member of this group here together now.

George: Yes I think I probably need also to find more quiet time.

Yes, all of you must give more conscious effort. These words I speak to you this time, do not put them aside when you leave this room. It is important for each one of you, that that spiritual growth, that conscious effort now be made, at this time in your development. Please work towards it, you can only be better for it and not only will you grow, but all those you come into contact with, will be aware of that spiritual glow, which you will exude.

Les: Margaret?

Margaret: Well, I can only say that since I've been coming here I've been a happier person. I understand other people's problems and my own problems. I can't tell you how happy I am in my life, because I am happy. Whether that's good or bad I don't know, but I feel contented with my life. I think I could be a better person, but I just don't know how to do it at the moment.

Can I say this to you, my dear friends: Of all the people within this room, including our absent friends, you are the one who has grown the most. I do not say those words lightly and in saying them, I do not mean you are the most spiritually evolved, but you are the one who has taken the furthest steps in your growth. (Thank you.) Know that in your time to come, you will continue to feel and to know the goodness that surrounds you and the many who come close to you to help you.

Margaret: Thank you very much.

Les: Right well now me I suppose: Well in my lifetime I've had to learn a great many things that I'd never have even *conceived* of learning. But I know it has helped me in many, many ways to do the work I do with you and others. And I've had to learn the patience as Salumet has said, because I know in my youth, I was one of the most intolerant of the intolerant. (Chuckles) You don't have to agree — (Laughter) At 20 I knew far more than I did at 40. (Laughter) That's often the

case, but I'm grateful for having had the lessons, because it's enabled me to give a great deal to other people. But what has surprised me is in how the last couple of years, the proximity of our friends in the next world has grown. And as Mary said, she feels there is somebody with her; I don't FEEL that, I'm AWARE of it constantly and I have remarkable instances of this being so. It may sound conceited — don't think that, I merely give the facts — some of you may have seen it happen, that often when I'm saying something that I want to confirm, I'm taken over instantly. (*General agreement — many had witnessed Les begin a conversation in his own voice, and finish it using another's voice while channelling the words.*) That has happened to a greater degree, in that when I was talking to my son last week — they came down in their caravan and stayed at a local site, and we had a lovely week together — He had a problem, somebody came in and helped him to put that right and that hadn't happened before. Then my daughter phoned from Canada and thanked me for some tapes I'd sent and instantly someone was with me, answering her on the telephone. Now that's never happened before, but I'd emphasise this to Mary, that she's not wrong, neither is Sallie wrong, in thinking that the help is *there*. What *is* wrong, is that we don't, as Salumet says, open our spiritual selves and in fact our physical awareness, enough for them to get that close. So I'm very, very glad and grateful that I've had the opportunity in helping YOU, in your development, to enhance my own development to that extent and for that I'm very grateful to you all.

Thank you, and with those words, I wish to say only this to you, my dear friends: Each one of you interacts with each other. You are united within this room, but when our meeting time is over, you should take with you that love, that knowledge, that spiritual upliftment, which you feel in this short time together. And you should allow all peoples that you come into contact with, to share that pure spiritual love, because my dear friend, as you grow in spiritual knowledge, so you become the pure energy of love. And do you remember what I have told you about love, not the physical emotion of love, but the *spiritual* aspect of love? Take it with you, let it *shine forth* to all who cross your pathway. Remember no meetings are by chance, each meeting has a purpose and if that

spiritual light which shines from you all can be utilised by another, then indeed my friends, you are achieving that which you came to this lifetime to do. In helping just *one* person, *one* person, with love in your hearts, with unselfishness and no thought for self, then you are beginning to achieve *true spiritual worth*. May I leave you this time, knowing that each one of you is surrounded and bathed in spiritual love from all in our world, who desire to help, not only those who are known to you, but to helpers who have devoted their time in trying to help all people on this planet, who desire to be helped. I know that you will ponder this night, upon each other's words and know my dear friends that as always, I will be with each one of you.

Les: Thank you very much for all your wisdom and your love. Our love goes with you and God bless you.

One immediately followed through Eileen: Good evening. I will not detain you too long. I come to ask you that you join me in giving thanks for all that we have.

Les: I'm sure we'll be very pleased to.

For each one of you, I ask that you are all-seeing, that you gain the wisdom of silence, to know and to understand how precious your words can be, to ask that love in your hearts be magnified, until it is overflowing ...(?) I ask for each one of you to know and to bestow kindness towards another in your daily lives. I ask finally, that each one of you be shown your own special pathways, that when you come to us, your colours are bright. I thank you all for your patience with me and thank you all for the opportunity to join with you.

Les: Thank you for doing so and God bless you. *This was the end of the tape. However one other did come through Les during our tea and biscuits, while talking about reincarnation. The communicator touched on the main points regarding reincarnation, reminding us how it all depends on our spiritual progression, which Salumet has explained on previous occasions.*