

~7th September 1998~

Good evening. (*General welcomes*)

I thank you for your welcome once again. I feel there has been among some of you, much serious thinking.

Les: Yes, you're probably right.

I want to say to you my dear friends: Do not be so harsh on yourselves. You, each one of you, are travelling in the right direction, but may I say that this knowledge that you gain sometimes leaves you a little serious about earthly living. Remember my dear friends, that life here should be balanced with your own spiritual growth. After all, you came here for a purpose and there is nothing which says that your life should be so serious. Remember each one of you, that as your day on this Earth closes, if you can truthfully say, you have tried your best, that you have caused no ill to any man, either by word or thought, then indeed you should be grateful for that. So, be like the small children on your planet; seek but find pleasure in that seeking. Happiness my dear friends, is your right. So you see, take each day and thank the *Great Creative Force*, for the opportunity of growth and the opportunity for happiness in your lives. If I may say this to you, patience amongst mankind is not something that is widely spread amongst you, but it is something that each one should try to cultivate in their daily living. Do you understand my friends, what I say to you?

Les: Everybody clear on that? (*General agreement*)

Know that you grow, but know also that happiness and light are your right. So if I may use an expression from your world and say to you all: *Lighten up my friends*. If only you could see the shadows which you bring to yourselves, in these moments of harsh judgement, you would quickly dispel those thoughts, and again we return to the power of your thought. So I am saying this to you, because of the deep work which we do and the nature of the deep thinking, I want to say that for the next two times we come together, there will come from my world, those people who will show you the joy, in being light-hearted. It is something to be cherished and I hope that having this break from these deep matters, it will help you to understand the joy in this world that is yours.

Les: Well we shall certainly look forward to that. (*General agreement*)

And if I — do you wish to continue Salumet?

Please speak.

Les: It's interesting that you should say that, because your instrument doesn't know that at our meeting last Wednesday, it was devoted to light-heartedness. And children I saw — well there was a communicator from the other side whom we know as Norman, who looks after children and brings the spirit children to us. And I knew something out of the way was going to happen, because I saw him with me, and the children decided to have a fun evening. Believe me it really was hilarious and they were presenting everybody with picture-book details, that they had read here and everybody was being visited by various animals, who winked at them, sat on their laps and all the rest of it. It was really the most amusing Wednesday we've ever had I think — I can say that without any doubt and they must have heard the laughter next door.

Yes, I want you to know and understand that joy and lightness and what better for you than your laughter — these things were given to you for a reason — they are part of your living — they should be used to the full. And I do not want you to think that in your spiritual development, it is necessary always, to be so serious in your thinking. Some of you — I have received your thoughts, that you are discontented, by the progress which you make. My dear friends I say this to you: Be dismayed *not*, because you cannot see your own spiritual lights. I have told you that you have come far and although your own awareness is not such that you can see these things, I would like you to accept my word, in telling you that each one of you shines more brightly. So we will show you some more light-heartedness from our world and although sometimes it may seem a little bizarre or strange, what does it matter, if it brings laughter to your hearts, joy to you — light-heartedness — has it not achieved what it was meant to achieve? (*Of course.*) So I say to you my dear friends, make great use of what is coming to you and afterwards when I return to you, then we will spend an evening on much more deep matters, which we have not previously discussed. So perhaps you would say, you are having another one of your earthly sayings, *a lull before the storm*. (*Chuckles*)

Les: Right we have been warned — we certainly look forward to that.

So if you have questions this time, I will be happy to answer them for you.

Les: Thank you. I'm going to step in first if I may, to follow on from our talk last week about the many aspects of the soul. We all here are aware that at times we have seen a person, which has brought into minds the saying that we have here, that *'the eyes are the mirrors of the soul.'* I think everybody has experienced that, haven't they? *(General agreement)* Now is it possible for that particular aspect of the soul in that person, to express itself through the physical eyes in that way?

I see — can you be aware of the spirit within the human being, through those physical eyes. Is that your question?

Les: That's the question yes.

Yes, well of course, can I say firstly that the physical eyes belong to the physical being and as in many aspects of the human form, you can be deceived, unless you have the awareness of what is truly coming from within the other person. But of course it is possible for, shall we say the goodness of the soul to show itself, through the eyes of the human being.

Les: Yes I thought it must be, because I have experienced that a number of times and it's a wonderful thing to see, or be aware of.

But it is only because your own awareness is such that you are able to judge truly, what is coming from within.

Les: So again it is the spiritual reacting to the spiritual?

Yes, always remember you cannot have the two aspects, the spiritual and the human form — you cannot have one see the other because the spirit after all, is the force behind the human form. You have to have the spiritual awareness.

Les: I see, so in that case then, one person could be aware of the intensity in that person's eyes and another one might not be?

Yes of course. Is that helpful to you?

Les: Yes thank you that does answer what I wanted. Any other questions?

George: Yes, we talked about our space brothers and the symbols in the corn fields, as a means of communication. And I wondered after that, if they have evolved so differently from ourselves, that communication is really difficult and the symbols in the crops, is one of a very few

possibilities of communication. Would that be a true perspective, or would there be many possible ways of communicating?

Yes, thank you for your question my friend.

Have I not told you previously that many new forms of communication would take place, all over this planet?

George: Ah yes.

Yes, there are many ways to communicate, although you are not fully aware of them at this moment in time. But those who come, who try to make contact with you on this planet, they are limited not by their own knowledge, but by the limitations of the human being. They have to find a way of making you understand what they are trying to bring to you. It is not my purpose to come here to tell you — and of course I could, but it is not my purpose to explain to you, what your brothers are trying to do. That my friend, would be interference from me.

George: Yes I see that.

But yes, many forms of communication are to come.

George: Thank you.

Les: Any more questions? *(Pause)*

We have so many thoughts, but so few words. Do not be concerned. I hope that you will think upon my words this time, because I *feel* from you the seriousness in your lives, which you must try to dispel a little.

Les: Right, any other questions from anybody?

Sallie: There's something I've been thinking about. It's not necessarily what we've been talking about recently, but it's to do with *regression therapy*, where in order to perhaps understand yourself more, or for whatever reason, you work with a therapist, actually going back to a time before you were born in this lifetime. And I suppose — I know we're here for a purpose, but there's a part of me that thinks, would I be cheating in doing that? And part of me thinks no, it's not cheating to go back in that way — I don't know, what do you think Salumet?

Yes, I understand your question. I would say only this to you: Be careful when you undertake such things. There are occasions for the soul to be helped in these cases of regression as you call them. But I would say this to you, they are very few. After all, why do you suppose that when you come to this life, that all memory is blocked? Do you not see there is a purpose?

Sallie: Yes, yes my understanding of that is that if we had the memory, it would be very simple for us to try and achieve, yes.

Yes, I do not say it is wrong, but also I cannot say to you it would be right for you. Would it not be better that your own consciousness, your own awareness, work towards that understanding of the soul, whilst in this lifetime. Much more credit would be given to doing it that way. Do you understand?

Sallie: Yes I do.

I feel there is disagreement, would you like to speak further please?

Sallie: I don't think the disagreement is from me. I'm fairly open to the possibility of regression therapy, or otherwise. It was merely **(Yes.)** the feeling that — I don't know, whether it was necessarily a good idea to get involved with that, or as Salumet was actually saying, working it through yourself is probably more credible.

It is not something that should concern you greatly. I would not say that the soul who undertakes such things — how can I say, should feel badly, of course not, if the reason behind it is for good. But so often these things are done for experimental reasons and can I say only this, that the soul can become disturbed. Perhaps we can speak on this matter some other time when we have longer, but it is not something that the soul should feel ashamed about. Do you understand?

Sallie: Yes, yes I do. **(Yes, Good.)** Thank you.

Les: Yes I would be very glad if we could have further discussion on that, because I've wanted in the past to ask questions about hypnosis too, because I personally am opposed to regression sessions and hypnosis, because there is no guarantee so far as I can see, that what is allegedly produced by regression, is in fact so, because there are so many possibilities that could intervene, particularly when you consider deep mediumship.

Yes, that is why I say the soul can become distressed. We will discuss this further.

Les: Yes thank you, we'll look forward to that, because it's a very complex subject and I think it's one which we'd all be grateful to have a greater understanding of.

What I would say quickly this time, is that regression for happenings within this lifetime, is a separate matter. It is when we begin to seek past lives as you call them that problems occur.

Les: Yes, this is what I've felt for a long time.

Sallie: So what you're really saying is, somebody who's working with a therapist, trying to unblock something in this lifetime that's creating great distress or a problem?

Yes, that is fine, because it belongs to this lifetime. It is no different than the soul who seeks spiritual healing in this lifetime. Do you understand?

Sallie: Yes I do.

But the problem lies when the soul wishes to go further.

Les: Yes it could cause a lot of problems, couldn't it? **(Yes.)** Particularly as most of the people I think who do this work, are not sufficiently qualified spiritually, to be doing it.

That is one of the issues we must discuss of course. We are speaking of the interaction of two souls and its obvious inhibitions, problems, which it can bring. There are many situations we must discuss.

Les: Good, that's splendid. Any more questions for Salumet?

George: Just adding to that, there was a case history of a man who was born into this life with a limp and he was cured of the limp, through past life regression therapy. But perhaps it would be better not to cure in that case, because the soul may have decided that he should be in this life with a limp. Is that a fair example?

Yes, that is why memory is blocked. The soul as you know, chooses the life it comes to and all the problems it brings to it. (Yes.) Yes, what would or perhaps *could* happen, when the soul returns to our world, is that soul returns once again, with that complaint, if you wish to call it such, in order that it work through a lifetime, as it should have done. Do you understand?

(General agreement)

George: Yes I see that.

It is a difficult topic, but one I feel we must discuss more fully.

Les: Anybody else? *(Pause)*

Well my dear friends, I will leave you, I hope this time, with lightened hearts. Know I stand close by you all. I will not speak with you for two further meetings, because in front of you, there should be much lightness and laughter, in order that you can see for yourselves, that love and happiness is within our world, and all is not serious *development* if you like, of consciousness.

Les: I was told a long time ago, to bring your sense of humour with you when you come to us, you'll be much more welcome — I've never forgotten that.

Well I would not say you would not be allowed, but of course if you have lightness of spirit, then your placement amongst us, will be much easier. After all, you are surrounded by those souls who are lost in despair and hopelessness, who have nothing but heavy hearts and grief. If only we could give to them more happiness, whilst they tread this planet, how much greater would their lives become. So can I ask you this time my dear friends as I leave you, that this night when your thoughts are sent out to those in need, that you think of all those within your world, and within ours, who have heavy hearts and who need upliftment and light. Can you spare one thought for them? (General agreement)

Les: Yes I think we can all promise that.

My love and my thanks stay with you all.

Les: And our thanks go to you, for all you bring and tell us. We shall miss you in the next two weeks, but we do understand. (General agreement) And we look forward to your return. Thank you and God bless you.