

~21<sup>st</sup> September 1998~

This is the second of the light-hearted evenings that Salumet said we would have as a break from the usual evenings. The first came through Eileen to explain the plans for the evening. We were asked to talk amongst ourselves about anything, and others would join in later. One then joined us through Eileen and we talked light-heartedly, though a few serious subjects were broached:

**Good evening — let me say one thing to you all please: The preparation of food for others, is done with love — no matter what your thoughts are on organic food, or otherwise, the preparation done for others, can only be good. So keep that in mind my dear friends.**

Les: — I asked a question on that subject years ago, because they used to come through my wife quite frequently in the kitchen. And I asked why should they choose that room, which was untidy after a meal and so on. They said the very thing that you have said, the kitchen is the room which expresses most love of any in the house, **(Yes.)** because of the preparation of food for others.

**Can I make a suggestion here as well? If you good people are going to have disagreements, don't do it in your kitchens — I'm being quite serious now for just a moment.**

George: It'll spoil the energy of the kitchen.

**Yes and the preparation of the food. So bare it in mind, if you want to have a good old argument, go in the garden.**

Les: Yes, we shall take note of that.

**And then you'll have to answer to the little nature Spirits, but that's not my problem.**

*(Laughter)*

**Carry on.**

Les: Can't you carry on now? Have you seen the little people in the gardens?

**Of course I have, I know all about them — but don't let me stop you talking.**

Les: No, we've had enough of our own talking. We're looking forward to hearing from you and your colleagues. Are they ready yet?

**Don't ask me.**

George: Do the little people mind us going into the garden and having an argument?

**I should think they probably would. The answer to that, I should suggest is, don't argue. (General agreement)**

George: We'll call it a discussion.

**Well he is the diplomat of the group, if ever there was one — (Chuckles)**

There then followed a young girl who came through Eileen unexpectedly, drawn by our earlier discussion about food. It seemed that she did not like to eat much when on Earth and had carried that through into spirit, still making her weaker and less energetic than the other children in the spirit world. Les was able to open her mind on the benefits of eating fruit, and she went away the happier.

Our discussion continued with our desire to see fairies. We were a little confused with how to go about seeing them and whether it would be something for the physical eyes, or something more subtle. The word 'hallucination,' was used, which drew more useful inputs from our unseen friends:

— **No, no, no, no, no, no, no — no hallucination, no, no, no, no, no!**

Les: Thank you very much.

**Oh no, no, no, no, no, no!**

Les: I'm glad you're listening. Has my definition been reasonably correct?

**Yes — oh dear, dear, dear, dear.**

Les: That gentleman (George) will bring his physical mind into play. *(Laughter)*

**When you become part of the tree and nature, then you will have the awareness. Don't breathe it in, become part of it. Be blended —**

Les: This is why I say, let it permeate.

**Yes — oh hallucinations! What are we going to do with him? (Laughter)**

George: No I didn't mean full hallucination as such, just a touch of it.

**No, well just a little bit's too much.**

George: Yes right.

**You just remember it. (Chuckles) I'm not really telling you off am I?**

Les: No as I was saying, you have to let it permeate George and there's the difficulty, learning how to do that, to become part of the energy, which surrounds you at all times — and to try and stop putting physical representations on it, because the whole of life is energy, as you know.

**Oh I wish I had more power, I could turn him into a fairy! (Laughter)**

Les: That would be lovely.

**Wouldn't that be fun?!**

Les: Yes it could be done, couldn't it? Rather a cumbersome one though I fear, but nevertheless a fairy.

**Yes, hardly a light-footed one! (Chuckles) Dear, dear, dear.**

Les: I just hope he can learn to become a part of the energy around him. I don't know whether you could offer us any further instructions, apart from meditation of course, and seeking the quiet and the peace.

**Yes unfortunately I don't have that knowledge to give to you. I know it's there, but I can't change anything you don't already know.**

Les: So we're on the right track anyway, in trying to absorb it, and be absorbed into it?

**All I can tell you at this point, is that more females than males, tend to have this ability.**

Les: Yes I agree absolutely.

**Yes, it's all to do with the female energy I think. But I can't go into details, I don't know —**

Les: No, but I would agree with you that females are much more able to become associated with the essence of creation, rather than males.

**Yes. Now we don't want any women power in the room. We've not come to that stage now, have we? (Laughter)**

Les: Not yet.

George: But we all have both energies.

**Yes, but it depends on what is the majority of the energy, in the life you're living, you see? And I hope you're a male! (Chuckles) God bless him.**

Les: It's a fascinating subject, isn't it?

**Yes. You are a charming crowd.**

Les: That's very nice of you and we do have some very charming people come to speak to us.

**Do you?**

Les: Including you.

**Ah well, we'll have none of that, I don't need to be hearing all that.**

Les: You don't need to be flattered —

**No I don't need to be told all of that stuff. I'm very pleased to have come.**

Les: It's true, we do feel that.

**Do you now?**

Les: Yes we do.

**Right.**

Les: We know you weren't expecting or looking for it, but it's the only way we can thank you, to tell you what we think.

**Well as long as it's all good, I'll accept it.**

Les: Thank you very much — oh it's all good, all organically grown.

**Now, now — we won't go into that again, will we? All forms of life is beautiful in its own way, isn't it now?**

Les: Yes it is, you're quite right, but we haven't been educated sufficiently, in order to recognise the beauty in much of life that is around us.

**No it's not so much you haven't been educated, as that you've lost it all.**

Les: Yes you're right there, because a piece of rotting wood, we wouldn't regard as beautiful, but in its energy patterns it would be, because it is serving the purpose for which that rot was necessary.

**Everything has a purpose. Don't forget that, every single thing has a purpose in life — even the people that you don't particularly take to, remember they have a purpose too, so don't go wishing them away! (Laughter) You're grand people, but you're no angels! (More laughing)**

Les: We are very grateful for the lessons we have had over the last few years. Your colleagues in your world have taught us a great deal, for which we are ever-lastingly grateful.

**Well, our purpose is to help you all. If we can, we only desire to help and if it's accepted, then it gives us great joy. If it's not, well we just have to try harder.**

Les: Or go to some more receptive people?

**Well, that's kind of taking it the easy way out, I would say. You've got to have a challenge sometimes.**

Les: Yes, you had many, didn't you?

**Of course, but I'm not here to talk about me.**

Les: No, but you weren't very well liked by some of them, because you also insisted on others facing up to those challenges, didn't you?

**Oh you're determined aren't you, to talk about me! I might have guessed. No wonder they called you 'sharp,' at the beginning. Now I can see why — you little devil! (Laughter)**

Les: No — they loved you, even though they disliked you sometimes, for your determination on their behalf — just as you're determined on our behalf.

**Yes. It's taken me a few steps forward, but it's also taken me some back! But nevertheless I was fairly content with my live I think, even though I could have done much better.**

Les: Well aren't we all like that? Feeling that we could do much better — we may have a chance to examine what we have done.

**Yes, that's why I'm always happy to come back to people such as yourselves, to try to guide them on the right path, because it's so easy to go off of it! As you all know!**

Les: It certainly is. Please don't remind us.

**We won't go into that either now, will we?**

Les: Must better not to, I think. But you're much better now, are you?

**Of course, who wouldn't be?**

Les: Still looking for challenges — well not looking for them exactly, but accepting them when they come?

**They are kind of put in my path and it's up to me whether I take them or leave them. And sometimes I think it would be best if I left, but it wouldn't get me far.**

Les: Yes but I don't think there are many you refuse to go for?

**No — you'd be surprised what you want to do when you come here. Your expectations change and you only want to do what's best, not only for yourself, which normally comes last, but for other people. That's the challenge, that you place yourself last. Does that make sense?**

Les: Yes it does absolutely. It is a challenge, always to remember that, isn't it? And to always work for the benefit of others without reward for oneself.

**Yes. Now look what you've been doing, you've been making me become too serious — that's not why I've come! I've been told these people need a little light-hearted relief and there he's going on about me.**

Les: And you were quite light-hearted yourself quite often when you were here, weren't you?

**More often than I should have been.**

Les: No I wouldn't agree with that, because it served a very useful purpose, because it drove away many of the shadows that were around other people who came to you for help.

**Yes, you're quite right, but I felt as though it happened too often, you know what I mean?**

Les: Yes. Of course I can't argue on that, but I wouldn't have thought so, because it was so important for the work that you were doing.

**Laughter IS important. I hope you all realise how important laughter should be in your lives, not only in happy times — if you can laugh at yourself in times of trouble, you see it all dissipate away. It's easy to be happy when all is well, isn't it? But if you can be happy in times of trauma and disappointment, be happy within**

**yourselves, well — you've got it made haven't you? (General agreement)**

Les: Yes if we can learn to do that all the time. It's a great asset if we can laugh at ourselves.

**Well if you don't, WE all have a good laugh! Yes!**

Les: I bet you do that, particularly when people are hallucinating! (Laughter)

**Well now, we're not going into that again now are we?**

Les: I don't mean it unkindly.

**Poor little man.**

Margaret: He's not little.

**Well no, but I didn't like to say that now, did I? (Laughter)**

Les: Just to change the subject just a little if I may, because the lady on my left here I feel wants to ask something, but she doesn't like — doesn't feel she ought to. Have you got a question Jackie? (No.) Haven't you got something you would like to ask our friend here? (No.)

**This is a lady can I tell you, who needs to laugh more in her life. Perhaps that's what you were thinking?**

Les: Yes, I knew I had to go to her, to give her the option.

**Yes, she does need to laugh a little more, but that could apply to many of you. So you know — laugh, laugh and be happy, because you see, when you laugh, your vibrations change. They do! I promise you. I know it's spoken of lightly, but know if you are happy, the whole of your body energy will change, only for the good.**

Les: Do you not laugh much nowadays Jackie?

Jackie: I don't think you laugh as much as you get older, I'm sure you don't.

Margaret: Oh you do! (General agreement)

Jackie: I have a good time —

**We're not talking about good times. Try to laugh more. Be like the little children. That's something else said in your world, that's quite true: Be as the little children. Can you understand? (General agreement)**

Jackie: You can enjoy yourself without laughing, can't you?

Les: You should do it a bit more, let your enjoyment come to the surface a little more.

**(Yes.)** Like me when I look at myself in the morning in the mirror, I say 'Oh god not you again.' (Laughter) I can't do anything about it, so I just laugh at myself and apologise to my reflection — stupid, but it works.

Paul: I enjoy playing hide and seek with the nieces — I'm sure I enjoy it as much as they do.

George: Because there's a bit of laughing involved. *(General agreement)*

Lilian: Children certainly lift you.

Margaret: They do, don't they.

***That's because they're spontaneous in their enjoyment of life. That's what it is, it's not so much the games, or what you're doing, but it's the love of life!***

Jackie: It's finding time too, isn't it?

***No, no, no, no, no, no, no!! (Giggles) No we won't have that from you! There's all the time in the world for laughter.***

Jackie: It's finding time to put yourself out. I get home from work and then I get in and I work some more and —

*(Said with much gusto)* ***Yes, why don't you stand at the washing up and smile!!***

Jackie: Because I'm angry with the kids for leaving it all to me.

***Yes!! (Laughter) Here we go.***

Margaret: How old are they?

Jackie: Old enough to help — 13-14.

Margaret: Well if they don't help, they don't eat.

Jackie: They sometimes cook their own.

***My word, we come round again to eating! What am I going to do with you all! (Laughter)***

Les: When you have minor accidents Jackie, do you get really annoyed at it, or do you —

Jackie: I haven't got a temper — I just don't laugh enough.

Les: You just deal with it and don't see the funny side of it. I used to be like that, I must admit. But nowadays I can see the funny side of it.

Jackie: I'm not miserable, I just don't actually laugh a lot.

Les: You're not miserable physically, but it's not helping you spiritually.

***Inwardly, that's what's important. The laughter is an outward thing, but it changes the energy patterns within the body — I wish people would realise that. It is! Laughter is a wonderful thing!***

Sallie: We laugh a lot at work, because we deal with quite difficult things, so therefore it's all a bit strange and we're always doing something a bit silly, to survive I think — so we laugh a lot.

***Yes. Don't be too worried about that remark dear sir sitting next to her. She doesn't mean she doesn't laugh, now do you?***

Jackie: That would be telling, wouldn't it?

***We can have no secrets here —***

Les: I think we often condition ourselves into resentment, instead of laughter you know.

*(Les then recounted a funny incident with his sugar bowl, which he chose to laugh at, rather than get upset about.)*

***— That is the secret, that is the secret, that if someone else was to do it, you would find it amusing. (General agreement) Yes. Please try to laugh more, all of you — It is so good for you. Now I think I've spoken enough.***

Les: We've enjoyed having you and for your philosophy and teaching.

***And my telling off — I do beg your pardon, I do forget myself at times. I was quite renowned for my 'no, no, no, no's,' at one time, and I'm afraid in coming back, it tends to come to the fore.***

Les: Never mind, we are laughing with you and at it too. *(Yes.)* We're very grateful to you for having been with us.

***There you go again, thank you, thank you, thank you. I don't require 'thank you's' — thank you! (Laughter) There! I'm going to do it myself! It's been a pleasure, you've been charming.***

Les: We've thoroughly enjoyed it, haven't we? *(General agreement)* We've enjoyed the laughter too.

***Well let me tell you, I'll be watching for the rest of the night and if I don't see smiles on your faces — (Laughter) I'll devise something. Now good people, you'll remember what's been said?***

Les: Yes we shall remember that.

***Remember to smile when you feel at your lowest and you'll be amazed how much it brings you up —***

Les: We do have a saying, 'Cry and you cry alone, laugh and the world laughs with you.'

***Yes, you are never alone, let me tell you that. I don't want anyone to think you are alone.***

Les: We're only talking in a physical sense of course.

***Yes, when you are at your lowest ebb, there is always someone nearby. Never despair. But it is so much nicer, if you have laughter, rather than despair.***

Les: Well I think we can promise that we shall all try and remember what you have said and act on it. It will do us all good.

***Wouldn't it be the ultimate, if someone passed, and you all could have laughed!! Wouldn't that make us all happy? It would show the world that it was something joyous, would it not?***

Les: Quite! Which it should be.

***Which it should be, but we know it can't be so —***

Les: It's going to take humanity a long time to come to that acceptance. ***(Yes.)*** But we can still keep working at it.

***Yes of course, that is just my wish, because we are very joyous when somebody comes to us.***

Les: I'm sure you are.

***Yes. Anyway, you've got me on a serious note again — well now I really must go — (General fond farewells)***