

~5th October 1998~

Good evening. (*General welcomes*)

It gives me much joy to be with you once more.

Les: It gives us much joy to have you once more, though we did enjoy the two light-hearted evenings, which you promised us.

It was much needed my friends. It happens that sometimes you need to have some lightness within your lives. After all, your lives here are meant to be well-balanced, and although my task is to bring you fresh knowledge, we must not forget the light-hearted side of life.

Les: No, it was quite a pleasant change and I'm sure we all felt better for it.

I would like to say this time, that I will not embark upon fresh topics, because of the decrease in numbers here.

Les: Yes, that's understandable, thank you.

But of course if any of you wish to ask any questions of me, then I would be happy to answer them for you.

Les: Thank you. I did have one, which I too will leave until we have a full attendance here, because it is quite a complicated issue and I have made a note of it, so I will leave that. Has anybody a question that they'd like to ask Salumet?

Sallie: It's not a very serious question in some ways, but other ways it could be considered so. It's to do with the power of thought and creating our own reality, by the thoughts we send out. **(Yes.)** I know from the discussions we've had, that we can send out healing thoughts and we can think healing thoughts about our own bodies. I was just going a bit further in this and it may sound a bit silly, but if I believe it, if I really believe it, is there any reason why I can't grow a new tooth?

There is no reason at all, why you could not.

There is at this time within your world, I will not use the word 'experiments,' but 'constructive work' in field of human tissue renewing itself. I will go no further at this stage, but only to say that mankind is reaching a stage of development, where new technology is available to him. Of course it comes from our world, as you may well know, but there should be no reason. It may sound farfetched to you and I would completely understand any disagreement that peoples would put forward

for it, but the power of your thought can create all things.

Sallie: Salumet, is it also something to do with the fact that although I might meditate and concentrate, upon that particular thought, within me there are years and years of conditioning, aren't there?

And doubts.

Sallie: Yes.

Of course.

Sallie: Which would hinder that process, I would have thought.

Humankind has not reached the point where he will easily accept any of these things, but let me say only this to you: Mankind has all the innate powers that we in spirit possess. We have touched upon the subject I believe and I think that must be as far as we can take it this time.

Do you agree?

Les: Yes I agree and I agree with what my friend said, that it is in our own doubting, which prevents the full application of our power of thought, **(Yes.)** because taking that a step further, the ability to grow new parts of the body, already exists in the animal kingdom. **(Yes.)** As you know, some lizards can replace their tails, some spiders can replace a leg and there are other instances of part of an animal's body being replaced. Sharks replace their teeth.

Yes, and after all, what is mankind, if not a larger animal? (Of course.) Yes there is the possibility of all of these things, but because of the doubts and fears which lie within you, it is not something that would be easily accepted, and this we know and understand fully. I want you my dear friends —always I have said to you, I will return to the power of thought, because it is the most powerful thing that you possess.

Les: Yes we look forward to that, when we have a full meeting. And at our last meeting, it was very interesting that something happened, which follows the power of thought train. We were told that power was reduced at this meeting, and I thought it was because of lack of members. But the communicator said no, there was such tremendous power here, that often they siphon it off, for use elsewhere.

Yes, do you not upon this planet, feed one battery to another, when one is low? (Yes.) That is a simplification of course, but you see the possibilities?

Les: Yes and we were very pleased to know that we do generate it to that extent, that it can be used elsewhere. And I was thinking about it afterwards, that that is merely a physical extension, if I can bring physical into it — a physical extension of what you have repeatedly said about the power of thought, **(Yes.)** because it is only the power of thought creating that energy, and the power of thought from your world, which is transferring it for use elsewhere.

Yes, not only the power of your thought my dear friend, because in the years that you build this energy, you unknowingly build *spiritual* energy, which is much easier for us to use. (I see.)

Unknowingly, you are growing — you cannot see your own lights, your own power sources. It is possible to see, but I don't think anyone here, is at that stage yet.

Les: No I can't, we did discuss the aura afterwards, **(Yes.)** and that is a partly visible thing, under certain conditions, and as we were told, dependent upon the spiritual development of the one who wishes to see it — that's quite understandable.

It of course is ever-changing, moment by moment, the light you speak of, but I speak of a much deeper spiritual energy, which is around you at all times. The auric light you speak of is almost like a shadow of light that is gleaned from you, dependent on so many things. You *are* a powerhouse, you *are* spirit, you always will have that cosmic energy. You are part of the whole energy.

Les: Yes of course.

Do you begin to see?

Les: Yes we are inclined to forget that, aren't we? **Yes, I like to remind you sometimes, that you are more than you think you are.**

Les: Yes I think we're beginning to realise that. And it's a marvellous thing that we can think about.

I am sure if each one of you was to place your hands towards the centre of this room now, you should feel this energy, which is building here now. Try it my friends, you should be able to feel the build up of the energy, each one of you exudes. Allow yourselves to be open to it, be part of it and let it come into your very being.

(Short pause — Les comments that he could feel it coming right up through his arms into his shoulders, vibrating.)

Les: Well I must say we're all very, very happy that the work we do does generate that power — very pleased to be a part of it, thanks to your instruction.

Do not thank me my friend. You have made yourselves available to it, that is the important thing, that you are allowing yourself, the true spiritual self to come forward each time we meet, as we do here — that the spirit is the stronger of the two elements, whilst we join together. This is what you are feeling now. All of you should feel that the physical is draining from you and that the true self, is to the fore. Can you feel it, my dear friends? You should be able to.

Sallie: A sort of warmth and a glow? **(Yes.)** Yet there is something of the physical that remains, because in that sort of warmth and glow, I keep getting these little pictures of a new tooth, so I don't know —

Les: It would be interesting to hear everybody's personal feeling on this, but I feel that something is exuding from me and embracing you all bringing you closer to me spiritually. *It's wrapping itself around everybody here, and you all become a single unit, which is approaching me.*

That my dear friends is the blending of love energy, which exists amongst you all. You no longer are individual units, but you come together as one, as the words just spoken have explained to you. Allow yourselves to become as one, feel the power of the love, which comes from you all. Allow yourselves to be absorbed by that light energy.

Pause, before Les begin to speak softly:

Les: I don't know if anybody has an awareness that I have at present, which is that the physical is absolutely of no importance whatsoever. I get the feeling that the physical is a necessary encumbrance, which eventually of course will be discarded. And I feel that I'm looking down on a lifeless thing, which could be the physical. Not the physical body as I know it, but a physical awareness. Right, well since we have to keep a balance, I may get so far and not get back, so has anybody else a question for Salumet?

Sallie: I've been reading this book about Zen, which as far as I can understand, is not incompatible with your teaching, but I haven't finished it yet. There is a section, which talks about the empty heart — about going beyond the knowledge of the self, to that sort of place, described as '*nothingness*,' — the empty heart,

which will then allow you fuller knowledge, of a more spiritual nature — I'm not really sure what my question is, it's just —

My friend, let me say this to you: That is the point at which you should have reached this time — the blending of the true self, in the knowledge that there exists beyond the physical being, that area of existence, which takes you further along the way of spiritual development. You should have felt this time, the leaving behind of the physical being and taken the step into that *empty heart*, as you have called it, but what I would rather term, *the next stage of existence*. Do you understand?

Sallie: Yes I think I understand, but I seem to be having a difficulty, actually wanting to give up my physical existence, because I get a lot of pleasure from —

Unfortunately there was then a loud cough and suddenly another came through Eileen, to explain the sudden withdrawal of Salumet:

Good evening. I must apologise, but the one who came to you has withdrawn. I am here to make apologies to you. It is for the benefit of the instrument and the one who came to serve you.

Les: Thank you very much — it's one of those unfortunate things. Thank you for joining us.

I am told much instruction goes on here.

Les: Yes it's quite true it does.

Can I help you with your questions?

Les: Yes please, we'd appreciate it if you can. We were talking about Zen and the empty heart Sallie?

(Yes.) I think it is a physical definition, of something of which we have to be spiritually aware. Would you like to repeat the question for our friend here?

Sallie: Yes actually, I think it's a bit of confusion I know I have, where I know we are spiritual — we're spiritual beings, though we're in physical form, for various reasons. I sometimes am a bit concerned, because unless things are going pretty badly, I actually really enjoy my physical form and things that I do, and I find it quite hard to completely go into a spirit mode as such, to separate the two — they seem very joined to me, but perhaps I'm just not experienced enough yet. But I'm wondering if it's a problem, if it's very joined, or if I should be reaching for that separation of the two?

Why should you be unhappy, if you feel joy in your living? Life is not meant to be unhappy. Do you feel it improper to be happy?

Sallie: No, I think it's very good.

Let me just say this to you madam, if I may: Joy and happiness, brings its own kind of love. It shows that you are dealing with your physical life, in the correct manner. You should feel joy and happiness, in times of adversity, and in times of happiness and love. So why do you place upon yourself, this troubled thinking?

Sallie: I think it's to do with the fact that so often when we talk in the group, it's spoken about how we should forget the physical, and concentrate on the spiritual. I'm not saying I disagree with that, I'm saying, why can't they be together?

They are together. Why do you feel it should be separate?

Sallie: I don't you see, but I thought that was the general idea going round in our group here and that's why I've been trying to do more to separate the two, but I don't feel that I need to. ***No, do not. Your spiritual growth will grow with you, provided you live life as you should be doing. You cannot separate the two whilst you are here. Does anyone else think you should?***

Les: No, the master who teaches us normally has said many times, that we have to keep a balance. ***Yes, that is true.***

Les: So, what is your problem Sallie? Enjoy both. ***Yes, do you not see madam, that in your joyous living, you are giving to others, which in turn creates a great spirituality within you?***

Sallie: Yes I think somebody — or I'm being confused by someone, because what you're saying makes perfect sense to me. ***Yes, don't be concerned about being happy in your life, that's as it should be. I am unaware of all these misconceptions in your land, as to what you should do and what you shouldn't do, it's all rather confusing.***

Les: Yes it is, isn't it? And we make it more so for ourselves quite often, because often, if life goes very smoothly for many years, we almost get a guilt complex, as to why it is doing that. ***Yes, and you punish yourselves. (General agreement) Human beings are hard to understand at times.***

Les: You're at liberty to say we're stupid also, if you wish, because we know we are! (*Chuckle*) ***I would not impose that upon you. That is not my place.***

Les: No, but we know we are sometimes and we do get very confused in our thinking.

You cannot ask for more madam, to have your life run in parallel, both spiritually and in human progress — you cannot ask for more, whilst clothed in these bodies.

Sallie: I don't want more, I'm just happy to have that thing confirmed.

Yes, do not allow others to displace your own correct thinking.

Sallie: Thank you.

Be happy — I say this to all of you, be happy and joyous in your living, because each task that is placed before you, it makes it lighter if you accept it with laughter and with joyousness.

Les: We've been told many times Sallie, we should always use our sense of humour, so that IS the answer to keeping our balance, you see?

Sallie: That sounds fine.

Les: And the other will follow naturally.

Sallie: So the actual separation isn't what we are trying to achieve at all.

Les: No, no, no, no.

No, no madam.

Les: If it was, I'd give it up. No, it has to be a combination of the two and the art of living, is to recognise that combination and glean from both the maximum that we can whilst we are here. Whilst we're here we're learning a lot of knowledge and a lot of happiness and tonight you've been told how this is developing in the physical strata. We also by having a sense of humour, can increase the spiritual awareness of ourselves, by using that sense of humour properly.

Spirituality and growth does not need conscious effort, it can be of use I think sometimes, if the act is conscious, but the most profound act, is the unconscious act. That is what attains you spiritual growth. Can you see that? (General agreement) Yes? Good. I'm pleased I've been of some help.

Les: You've been a great help. And another thing Sallie is you see, we are still self-centred in our thinking. With respect to anything you have said, it has been self, you have been considering, hasn't it?

Sallie: I am at the moment yes.

Les: But if we accept that going through life, doing what we can for others is giving them happiness in many ways, even in little things — if we give of ourselves that is creating happiness in

others and it's giving, or should be giving the giver of those actions considerable happiness in so-doing. Now *that* is spiritual development — forget the physical side of it.

Can I say something madam to you?

Les: Yes please do.

There is a saying in your land, that what you give you will receive back. Can I say that you will receive 100 fold in spiritual growth, in happiness and joy you bring to another.

Les: I've many times used a simple explanation, when people have wanted to know how they develop mediumship. I said that mediumship is only giving or helping another in some way. If you merely assist someone to cross a busy road, you are a medium. A medium is only a channel for good. A very simple explanation, but if you develop on that, you'd see how simple it is — to give, whenever it is possible to give, without thinking.

That is the key, that the effort best be unconscious, because you rather lose something, when the action is done with conscious effort, in order that you may gain points, if you like. Of course, when you have the awareness that you have, it's difficult not to think along those lines, I agree. But it is the unthinking act, which is more creditable to you. The smile, the gesture, the look, the helping hand that is done by you 'automatically' I think you say, (Yes.) they are the gestures of most good.

Les: And of course we come back to what we have been asked to do at night, whenever we are giving out our kind thoughts or prayers, whatever you want to call them, to spare a thought for those who are homeless, distressed in this world and also for those in the next world, who should be coming out of the mists and the darkness — give your thoughts to them also. You remember? (Yes.) And do we all practice that?

Sallie: Occasionally, not always.

Les: There comes the physical again —

Can I say something to you before I leave? If you could travel through this lifetime and forget the word, 'I,' then you have ACHIEVED — but that is not an easy task for anyone. Forget the 'I' and what else do you have, but ALL OTHER PEOPLE, yes, yes, yes.

Les: I'm afraid the main problem is that we do let the physical intervene far too much.

I thank you for allowing me your time; I am being told there is someone else who wishes to speak to you, through another person.

Les: I see, well thank you very much for having joined us and for all that you've said and we do appreciate your visit.

Thank you.

Les: God bless you.

Thank you.

There then followed a quick one through Sue, who had been recently before and who gave the name of Jess, reminding us in her own special way to remember to LAUGH — even through our tears.

Finally there was another through Eileen, who brought a message for one of the ladies (Mary), about a trip to Switzerland.