

~16<sup>th</sup> November 1998~

There was no Salumet this time but another came through Eileen, who was able to explain why Salumet could not join us this time:

(General welcomes — our guest had an old-English dialect)

Les: Are you joining us tonight, instead of our usual friend?

**Well, you've taken the words out of my mouth.**

Les: I'm sorry.

**Yes, I've come to tell you, they won't be with you, whoever that might be.**

Les: That's a pity, never mind. I'm sure there'll be some other work done.

**Ee, I can't get over how hard that was.**

Les: Have you not done it before?

**No.**

Les: Well, congratulations anyway. It's always a bit difficult the first time, I'm sure. But you've managed it, that's the main thing.

**Aye, aye I have. Now then, yes — ok ok — my goodness some people are impatient. I've only just got here and they're hurrying me back.**

Les: Yes they don't let you waste time, do they?

**— Because you've been not quite fully fit, it's being said that the one expected, will be with you next time. So everybody here this time will have something. (General thanks) They should all have something to tell you.**

Les: One question I would like to ask: You said that because I'm not fully fit, how would that affect our friend coming.

**Yes — let me ask — Yes because quite a lot of your own energy is used.**

Les: For him?

**Yes.**

Les: I see, I wondered if that might be it, but I didn't want to presuppose that that was the reason.

**Although it's taken from all of you I'm being told, you provide a large part of the energy.**

Les: I see, well that's quite understandable and thank him for his consideration.

**Yes, but he'll be expecting you next time so — all right all right, they are saying I've got to go.**

Les: That's a pity. I hope you've enjoyed your short stay anyway.

**Very much so, though I didn't realise it would be so difficult.**

Les: No, well perhaps you'll visit us again in the future? You'd always be welcome.

*Well with permission, perhaps I will. (General goodbyes)*

There then followed a lovely Sister through Eileen, with some advice and wise words: (nice gentle ringing voice):

**What a wonderful glow there is here.**

Les: Good, we're often told there's quite a lot of light.

**Yes indeed, most beautiful it is too, most beautiful.**

Les: Thank you for telling us.

**May I give you my dear one, some gentle and loving thoughts, from one who comes to me often and who has my own given name. I hope it is recognised by you, it is Veronica.**

Les: Sister Veronica, yes!

**She comes to me and teaches me in many aspects of my living. My purpose here this evening, is to give to you her much love, because as you know, because as you know she has moved on.**

Les: Yes she's a very old friend of ours.

**Yes she has been aware she has told me, of your recent illnesses and she wished you to know, that although she has been far from you for some time that the memory is ever close to you.**

Les: That's very kind of her and I do appreciate it. Will you thank her for me please?

**I will and I have come this time, to bring a little upliftment to one of your ladies — the lady who is at the far corner of the room, who is in need of a little cheering this time.**

Les: Thank you, that's you Sallie.

Sallie: Mmm.

**Yes, she is surrounded I might say at this time, by one of those sisters, who works with me. The lady I believe is unaware of Magdalena, but I am here to tell her, that in times of need, shall we say, that Magdalena is around her. If she will think of her, she can be much uplifted and much given to her.**

Sallie: Thank you very much.

**She is trying very hard to make herself known to you, but at this time, because of conditions around you, she is unable to do so.**

Sallie: I will try talking to her and see if that helps.

**Yes yes, she if I may say so, is a wonderful soul. We admire her greatly for the love that she exudes to others. She is an inspiration, not only to people in your world, but also in ours.**

Les: It's very, very nice to know that she is with us to that degree. And we do appreciate her thoughts and her help.

***She finds in this young woman, much potential that could be worked upon. That is why she has decided to make herself available to you.***

Les: Yes the lady has been told before, that she has a lot of potential, which is ready to be used.

***Yes, I think I would be permitted to add, that most human beings, use only about 10% of their potential.***

Les: Yes, I'm afraid they do.

***It is a pity is it not?***

Les: Yes I agree with you absolutely. We are frequently told that we don't use nearly enough of our potential that we should and are capable of doing. We keep letting our physical requirements interfere, with the need at the time, to develop our potential.

***Yes, if only you could adapt your lives, to a more equal amount of time, in service to your Spirit, then much would be better, within your world.***

Les: Yes we are frequently told that and we find it difficult of course, within our very busy physical lives, because of the demands of the physical beings, to give the time.

***There are always problems in many ways, no matter which way your life unfolds. I devoted my time in prayer and in what I would say, reaching out for God. But now I have a wider view, I can see that I missed out on much of the everyday things of living.***

Les: Yes that is the problem isn't it? If you give yourself too much to the devotional side, then you do miss out on physical things, which are necessary for a complete learning, of the reasons why we are on this Earth, at this time.

***Yes, but of course it was my choice, but I will tell you that my next return, will be much more fundamental, in the ways of everyday living.***

Les: Do you think that you'd have to return again then or are you wanting to return again?

***I have chosen, not yet, but at a time that I will return, in order that I may fulfil those earthly tasks, which were missing in my lifetime.***

Les: Do you think those tasks you will have to perform, for your own spiritual development, do you?

***Not only for my own, but for those I will be in contact with.***

Les: I see that's interesting, because you've just confirmed what we've been told on a number of

occasions, about returning to this Earth, but not solely for our own purposes.

***Never can you be so — what is the word I am looking for? So insular, that you cannot be alone. I have to care for others, how else could you grow? That is the purpose of living.***

Les: So you have already decided that in some future time, you will be returning to the physical Earth, to complete the tasks you missed?

***Of course, but more importantly, I will be helping another one in particular. I cannot give you more detail, because it is something that is ahead of me.***

Les: Yes, does it not worry you sometimes, to think that you have made a decision, for the development of yourself and others, but when you come back to the physical world and acquire a physical body again, you will have forgotten the reason, for which you chose to return?

***No it does not worry us, because that is the condition of a new incarnation.***

Les: So you accept the condition?

***We may not always be completely happy to return, but we know and we fully understand that it is for our own growth and our own development. So of course there is no force to return, the main pathway of all living, is left to the soul. Does that make sense?***

Les: Yes it confirms what we've been told quite frequently. Going back to our own problems of being able to give more time to the spiritual development — I think one of the disadvantages for all of us, is that even though we might be able to give time physically, our brains are so active that they are preventing our minds giving the quietude that is necessary, for that period of silence.

***Yes, but I would have the advantage I feel, that I have previously lived in solitude. Therefore hopefully I will carry that attribute if I may call it that, with me to another time.***

Les: Yes that is possible, isn't it?

***It is more than possible, it will be probable. That is why it is important that each individual strives to their utmost, to use the potential within them.***

Les: Yes I quite see your point. But of course we come back to the difficult fact of reconciling the demands of a physical life, to that of spiritual growth.

***Yes I have to say, I feel that that is possibly why we return on many occasions, because we do not***

***devote enough time to developing that spiritual side of ourselves, whilst we are of this Earth. That is my thinking of course — I do not speak for others, but that is the thinking that I have reached, at this point in time.***

Les: Yes that's interesting and you found your period of solitude while you were on Earth last time, you found it of help to your progress now in the next world?

***Oh yes of course, I have no regrets on the solitude, but I did have some regrets that I did not see more of the earthly living. But the choice was mine.***

Les: And one can only go by one's own choice, because interference is not allowed in any way shape or form, is it? You must choose your own path?

***That again I would say, is where your free will comes into action, because of course when I look back over that time, I can see many times, when I could have been persuaded perhaps to look a little further, and I declined. But the opportunity was there, do you understand?***

Les: Yes I do

***But because I had chosen that way of living, then that is what I stuck to. So who can I blame? You must my dear ones, remember that everything within your lives, you are responsible for. Whether you are aware of it or not, you are responsible.***

Les: And we have also been told not only that we are responsible for our every thought and action, but in many ways, we are also partly responsible for the thoughts and actions of others around us. ***You have influence upon others of course, in the way you conduct your lives. Yes you must also accept that responsibility. That my dear ones, was something I found very difficult to accept when I came here, because I thought that my solitude, my reaching for God, was so all-encompassing, that how could I be responsible for other people? I had a very sharp lesson indeed on this and in fact may I say that the dear Sister Veronica, as you know her, had much to teach me along those lines.***

Les: We all find it very interesting that you should say that, because only a few meetings ago, another person who had spent much time in solitude and contemplation, was also very surprised when she came to your world, to find that she certainly did not have the place in your

world, that she thought that her devotions entitled her to.

***Yes, that perhaps is a lesson for you all. You should never assume that you have reached such a state, that you are entitled to anything. My dear ones, I have to say that you may be disappointed, if you think along those lines.***

Les: Quite possibly, because who are we to judge what we are deserving of, or what we have earned?

***You know not what lies within another's thinking, another's heart — how much hurt you may have caused a fellow man — you know so little in fact, when you live in this world. You may think you do and I have to say dear ones, that many are shocked by their own behaviour, when they think they have lived an almost perfect life.***

Les: Yes I can well believe that.

***So if you would accept a little advice, always ask for help, in the direction of your thinking. Do not have any preconceived ideas of any entitlement, for who are you to?***

Les: No, you're quite right.

***Accept what is given, strive to do your very best, seek that solitude, because I have to say, it does bring you closer to our world, and allow those who need to come to you, to be closer.***

Les: Yes I quite see it must help them, to be able to cut through the mists and the turmoil, which surrounds us all, in this world.

***But if I may finish with a few more words my dear ones, I would say only this to you: Do your best with loving hearts, try to control any thinking in the way of good thoughts, and you cannot do more. We see too often, especially those of you, who have some little knowledge of our world — we see you berate yourselves, when it is totally unnecessary. You bring upon yourselves worries, fears, depressions and all kinds of negative ways of looking at life.***

Les: Yes we have been told that quite a number of times too, that we are too harsh on ourselves. ***Yes, be kind to yourselves, because unless you are kind to yourself, how can you be kind to any other?***

Les: No, you're quite right...then of course we ask ourselves, if we are going to express kindness to ourselves, how do we avoid doing that too much, to the extent that we might be self complacent and arrogant, in our thinking of ourselves.

***That would not happen, unless you allowed the ego to come forward too strongly.***

Les: Of course that is something again isn't it that is difficult to avoid, it's a constant battle.

***No, I think within each one of you, there is an innate knowledge that would tell you so. No, there cannot be enough kindness. There is a difference between kindness and self-indulgence.***

Les: This is what we all wish to avoid of course.

***Yes, that is why I say, there IS an innate knowledge, if you would but call upon it. But now my dear ones, I have spoken long and I must leave you now.***

Les: That's a pity, because we've enjoyed your talking to us and your lessons.

***I hope that they have been constructive for you. But I must leave now and allow others to come forward. I have been most pleased to have met you all. I have much to learn as you also have much to learn.***

Les: We certainly have that.

***But I know that the one who has brought me here, who has travelled on, is indeed a soul of much knowledge and I feel privileged that I have been allowed to carry her message to you.***

Les: We are very grateful to you for doing so and you go with our love and our thanks.

*One followed through Eileen, bringing messages through from two others. The first message was from someone called Agnes, with a message for Les, that his wife had been around him a lot this week and that he needed vitamin K. The other was called Malcolm, saying that Les had helped so many people, and they wanted to express their thanks — he also said that Les had another grandchild on the cards.*

*The evening finished with one through Sue, who reiterated further about the many people who wanted to express their thanks to Les for his help over the years and to close the evening with love and light to us all — **to keep looking to that light, and all our dreams will come true.***