

~23<sup>rd</sup> November 1998~

*This meeting gives some very good pointers as to the keys to inner silence/meditation, as well as giving us further encouragement to bring meditation into our daily routines:*

**Good evening.** (General welcomes)

**It is good to be with you once more.**

Les: Yes we missed you last time — we do understand the reason, but nevertheless we did miss you.

**It is always our purpose to look after those of you who help us. So my dear friend, I hope that your health this time is much better.**

Les: It is very much better thank you and thank all your colleagues for the help they have given me. I have been very much aware of it and I do appreciate it.

**We need no thanks, but I know that each one of you is ever grateful for any help given to you. I would wish to give a welcome to the one this time who has come to visit us.**

Anne: Thank you.

**Because some of our members are absent this time, I will not discuss the topic that we talked about some many weeks ago. I would wish that all were present before we embark upon that subject. So for this time, I will take any questions you may wish to bring to me.**

Les: Thank you. Does anybody have a question? (Pause) Right, well I'll start as usual then: You have told us many times about the power of Thought, but I think we all find it a little difficult to understand the mechanics of the power of Thought. For instance, we are using physical brains, which presumably is acting on physical impulses, but the power of thought to which you refer, must of course come from the spiritual ability to control the thought. That is what you mean isn't it, from a spiritual power?

**Of course without spirit, there would be no physical being.**

Les: Of course not. So if we — and it would be commonly asked I expect, if my colleagues could speak of it — how do we ensure that the power of thought that we are using, can have its affect upon the physical body? For instance, if we are sick, we presumably would all try and cure ourselves physically, by the power of Thought. But that we know would be operating through the *spiritual mind* and from that, to the *physical brain*.

**Yes I understand, let me say this to you: As you meet with us in the states of meditation, you have to allow the spirit to come forward, do you not?**

Les: We do indeed.

**Therefore when you are giving healing, or self-healing, you must first reach that state of attunement, with that spiritual aspect of yourself — that must be your first task. Without that attunement, the thought is from the physical thinking, which can act on its own, but needs the spirit to activate it in the sense of its *being*. Do you understand?**

Les: Yes I do, it must have that extra power, in order to be effective.

**Once the attunement with your spiritual self is active then the physical brain will automatically follow in that thinking. Is that clear to you?**

Les: Yes, does everybody understand that sequence of events? (General agreement)

**Without the attunement of spirit, then the physical brain will of course continue to have thought, but they will be random thought.**

Jackie: Are we all capable of doing this?

**As in everything in your lives, you must dedicate the time — without the dedication you will not go forward. I have told you this often and I do not offer apologies for repeating it.**

Les: No you have emphasised that and it does bring me to another question I was going to ask: You have emphasised the importance of quiet periods, when we can draw closer to you and your colleagues. (Yes.) You may well know that I do this regularly each morning, but I think it would help my colleagues here to have a greater understanding of it. Is it necessary to try and do what is commonly called meditation, or is it sufficient just to enter a silence and peacefulness within oneself, without a physical attempt to meditate on something or other? I find that just relaxing into complete silence and stillness, without any physical thinking at all, is very effective and I know I'm drawing closer to you.

**Yes, that I would say comes from your own spiritual knowledge. Most of you I have to say have difficulty in coming to the silence completely, because your physical brains, your everyday living, interrupts. But I would say silence, as you have described it, does not come easily to most people, but that is the course you should take, if you wish to allow those who come to you, to draw close.**

Sallie: The other way of doing it though — I would agree that that's probably the most effective way, but I tend to find sometimes, when I can't get to that state for whatever reason, if I just go into my heart and ask that you can have the same (*Yes.*) sort of reaction, or something similar.

**Can I just say to you my dear friend, in whatever way you find most accommodating, that is the best way for you. It matters not which way you travel, what is important is that you eventually communicate with those around. That is the purpose after all. So I would say to you, do what you find most easiest, yes — let us continue.**

Les: With your permission Salumet, I would like to follow that further, because I have a very strong feeling that some of us here, are not fully aware of the desirability of sinking into a silence — if I can put it that way, of '*hearing*' a silence, which sounds paradoxical — rather than try to establish a mental conception of meditation.

**Can I say, it is a little foolish to try to analyse silence, because it is an all-encompassing thing. (Yes.) You immediately recognise when you have entered this state of your being. But as I have said, it comes with daily practice and of course your free will once more enters into this. You have to teach yourself to be still and enter the silence.**

Les: Thank you. Now does anybody have a question on that, because I do feel still — and I say this with all respect to all of you of course — that some of you are not aware of the basic requirements for meditation. Would anybody like to question that?

Sallie: I'd just like to clarify what my understanding of it is, if that's okay. At the beginning, particularly early on, when you're trying to get into that meditative state, where you have the physical thoughts going through our heads, my understanding is that you don't try and push them away, you actually just try and place no importance to them — like an observer — and then you can sort of drift beyond that. If you concentrate on the physical thoughts — because they're going to continue to do that, because that's how the brain works — it's only by letting them pass that you can actually slip into a deeper state of silence if you like. Does that make any sense?

**That is the state most people are in, when first they come to what you call meditation. But let**

**me say this to you: There is a form of meditation, when you are reaching your sleep state each of your nights. If you can capture that period of *non-thinking*, that is the beginning of true silence, true attunement with Spirit. Try to aim for this state and of course you *will* achieve it, because those who come to you are there to help. Is that helpful to you? (General agreement) Again, you must give of your time, that is the prime part of your silence — firstly you must devote some time to it.**

Les: I believe a few weeks ago, we were talking on this subject and someone through me emphasised — in fact I think the words were: '*I beg of you to give the time to it.*'

**Yes. I have to say that as a whole, you *have to give of your time each day; it will not work for you, if it is spasmodic in timing, you must make it a part of your daily living. After all, what is more important, physical living or spiritual growth? You all know and understand why you have come. What is important about your daily living? How can you be helped by those who come so close, if you will not allow them too? How will you come to know yourselves better? You cannot, if you do not give of your time. This is not a criticism my dear friends, but these words are given, in order that each one of you may help yourselves.***

Les: Have you tried to give the time, since that last speech about the desire that you have to do it and the need for you to do it? Has everybody really made a determined effort to find the time to do it?

Margaret: I find I can't do it at the same time every day, but if I do sit down quietly, I can go off for about an hour and when I come back, I just feel so wonderful.

Les: You are emphasising what has been said before and what has been said from the other side: *You must give the time.* You give the time to eat a meal, don't you? (*Yes.*) You're getting the physical nourishment — well you must also give the time for spiritual nourishment.

Margaret: Well I find I've benefitted from sitting quietly.

Les: Yes, I can understand what you mean, because as I said I do too. Perhaps I should have said, it might have been clearer if I'd said I can FEEL the silence, I FEEL the power around me approaching — it's difficult to explain, but if you can enter into that state of FEELING what is

there, rather than trying to UNDERSTAND what is there, then you are well on the path. Does anybody else get that feeling, that Margaret has described?

Sallie: I don't exactly get that feeling that *you* were talking about, where you can actually feel an approach — a sensation of someone drawing close to you. Yes and you do feel quite wonderful —

Margaret: Sometimes I think, '*where have I been?*' I don't realize I've been relaxed for so long, though sometimes I can only sit for 5 minutes, it's just one of those things.

**Can I say this to you my dear friends, that silence as you call it, is *Living energy*. So in that sense, it is almost tangible. So think upon those words. Do not think of silence as being nothing, because that would be so wrong. In your silence there exists all things — people, energy and after all, if you would devote the time to your spiritual growth, so your *physical lives* would then fall into place.**

Les: Yes, I think perhaps there's a general misconception, of the need to '*go into the silence*,' if we use that expression, at the same time each day — that's not necessary. Neither is it necessary, and Salumet will correct me I know if I'm wrong I know — it's not necessary to have the same *conditions* — you can enter the silence, sitting in your bath. You have to learn *how* to detach the spiritual mind from the physical brain. I can remember — this sounds a bit coarse perhaps, but when I first began in this work many, many, many years ago, I was rather astonished to hear a platform medium say, that because of her physical surroundings — bringing up children, dealing with a husband etc. etc — she found difficulty in finding any time to herself. But she did find that even going to the little room, (*WC*) for a few minutes each day, was sufficient for her, to discover the value of silence and drawing close to the spiritual self. (*Amused giggles*) Now that sounds rather shocking, but if you go into it, you can understand what she was meaning. The same conditions at the same time, are not necessarily required; it is helpful, but not obligatory. It is the essence of the spiritual mind, overcoming the physical limitations of the brain. Do you understand? (*General agreement*) I think Salumet would agree with that, wouldn't you?

**I would. Of course you must once again — and forgive me if I seem to remind you so often —**

**you have to remember that the spiritual aspect of yourself, belongs to no *time* — *forget time*. Again we will speak that your yesterday, your today and your tomorrow, coexist in Time. So in tuning to our side of life, remember that Spirit is *timeless*. Perhaps this will help you a little.**

Les: Any more questions on this subject, because I think it is something, which has needed airing, for the sake of everybody's development.

Paul: I was just thinking, so really there is no technique, it's better to find the inner silence in whatever way you can?

Les: This is what Salumet said earlier, find your individual path.

**What is best for you my dear friend — there are so many misconceptions in your world. I feel saddened sometimes, that so many of your peoples are being taught, in ways of — shall we say '*Spirit*,' when in fact it is *organised teaching*, and you should remember that it is such. Of course I will say guidance is helpful, but remember that each of you are *individuals* — remember this always, because you come to this life as *spiritual individuals* and you lead your *lives* as individuals. So therefore you must find that pathway that you have chosen, in your own individual manner. Of course be grateful and thankful that there are those in your world, who are able to guide and to help you, but beware always, of those rules and regulations.**

Les: Yes, you used the word '*technique*,' Paul, didn't you? (*Yes.*) Yes, you have to disregard that. Don't try and think about a technique, remember that — (*Voice changes as someone comes through Les*) — **the ESSENCE of what you are attempting, is already within you; this is what you FORGET, it is part of you, it is THERE, you have to call upon it — Go into the SILENCE and recognise that it exists within you NOW. Do you understand?**

Paul: Yes.

**Do you all understand this? (*General agreement*) Why do you seek externally for something which exists within you NOW and always HAS. Do you understand this? (*General agreement*) Is there one amongst you who is not clear? Please speak if it is so.**

Sallie: I understand it. I can't answer the question, apart from what Salumet said, about the fact that while we are on this physical plane, it is the stronger force for us. And even though we understand spiritually, when it comes to a

*competition of wills, for want of a better word, we are physical beings and the draw physically —*  
***Please, please, please, please, please, please, please, you are not physical beings, you are spiritual beings in a physical clothing — (Yes.) this is what you must remember. You place too much emphasis upon the physical necessities of life and not enough upon the need to accept that you are spiritual beings. Do you understand this?***

Sallie: Yes, it doesn't answer the question though, as to why it is so hard, does it?

***The question dear lady is within yourself, whether it should be hard, or whether it should be easier for you to understand.***

Sallie: The understanding is there, but the actual doing of it is hard, that's what I mean.

***What is the difference between the understanding and the doing?***

Sallie: What is the difference? It's like we can understand a great many things, but we don't necessarily actually follow that through — it depends on many circumstances.

***Of course, because you are not following the right path, you are giving too much credence to the physical aspect of yourself and not enough to the spiritual.***

*Salumet begins again:*

***May I interrupt? (Yes please do.) My dear friend, these things happen, because spiritually you are not fully in control of your own spiritual powers. That is why it is most difficult for you, when clothed in these physical bodies — It is a power struggle, that is the problem. But I have to tell you my dear friend that that struggle belongs to you and you alone. You have charge of your own spiritual growth, it is up to you to take control; no one can do it for you. Those who come close may help, but again they cannot interfere with your life's path and you have those choices, do you not?***

Sallie: Yes I do.

***So as you see it as a struggle, continue to fight your own spiritual war. You CAN and you should succeed.***

Sallie: But I suppose it would be unrealistic of me, to expect to succeed all in one go?

***Yes, do not place too much emphasis on gaining too much at one time. You have before you, not one lifetime but many, in experiences. Therefore my dear friend, take one step slowly at a time and the time will come, when not only your understanding, but the actions that follow, will***

***fall into place. I feel my dear friend, that you are too analytical, in your own pathway of life. What I would suggest for you, is that perhaps you think less, think less and do more, in the way of silence. (The instrument — Eileen then coughed) I will take my leave this time, because of the little problem with the instrument this time. I thank you all dear friends, for listening. Know that I am always here to help you, as are so many others. (General thanks) Until we come together once more my dear friends, I encompass you all in that spiritual light, which holds you dear to us. (General thanks)***

*We then continued our discussion on meditation, some of which has been included:*

Les: I try not to think, I accept that I am being drawn in, to a power that surrounds me — not engulfed, but I'm being drawn into it and become part of it. One can hear the silence, or rather, one can feel it. That is I think, for me anyway, the way I find most satisfactory —

*Sallie then talked about how her Yoga sometimes helped her get into a peaceful state, conducive to meditation. Les reiterated the importance that was being placed on it at this time in the group...it's not a suggestion, it's a legitimate request for your own development and until you accept that, then you've got that blockage ahead of you all the time.*

Sarah: One problem I have Les, is that if I sit to try and relax, I nod off.

Les: It doesn't matter, by nodding off you are subjugating the physical aren't you? You are letting the spiritual take over. So don't worry, I know I do sometimes. When I go to sleep at night, I know I'm going to dream, but if I sit down in the morning and an hour goes sometimes, and I haven't a clue — I just go off — not a dream, not a communication — I think I've only been there a couple of minutes. So don't worry about nodding off.

*Others voiced various worries/queries, but the general idea, seemed to be that you had to just put in the time and whatever occurs, as you learn to still those thoughts and find peace, is part of the learning process...you just have to make the time, in order to progress.*

*There then followed one through Sue:*

***Can I say something please? (Yes please.) It is just a small thing, but it might help. When you suffer from human coldness and you shiver, you wrap yourself around with something, a cloak, a***

*coat, a blanket, do you not? (General agreement)  
Try to think of wrapping that around you, and  
you feel warmth, do you not? It comes from  
within, and the shivering stops. Try and consider  
the Spirit as an enfolding cloak and warmth that  
you feel and the comfort that you get from it, is  
SPIRIT. Can you understand a little of what I  
mean? (General affirmations + thanks) Warmth,  
comfort, love of the Spirit — it is all one and the  
same. Forgive me for intruding upon your  
conversation.*

Les: No, thank you for the suggestion. (General  
thanks and farewells)

*There was a little more general discussion, before  
we closed.*