

~30th November 1998~

Good evening. (*General greetings*)

Les: I'm sorry we're three people short again unfortunately.

(*Eileen had a tickly cough and some adjustments were made*) Thank you for your patience. You may find that adjustments with this one may be necessary at sometimes. It is nothing to be concerned about — we will take care of it.

Les: Yes, thank you very much, I'm sure you will. I hope it doesn't inconvenience you too much.

Now we know that it is difficult at times, to have full attendance at these meetings. So this time I will speak to you about a subject which we promised to speak about and that of course is what you call Reincarnation. It would have been better if all had been present, but we can return at another time if necessary. (*Yes.*) Now, I know there were many questions waiting, when last we touched upon this subject. Now is the time for it to be aired amongst you, in order for you to see more clearly what this is all about. Would someone like to ask the first question, upon which they are troubled?

Sallie: Well with reincarnation, from what you've taught us and what I think I understand, we choose to come back, not exactly the same way, and we choose our parents and our situation, which is best for us to work on whatever it is we have decided we need to work upon. Somehow, I've got the feeling or the understanding that when we come back to work on that, we almost continually bump into other facets of ourselves, or those we've known before. My language is a bit crude on this, but you probably know what I mean?

Yes, yes, this is — I will not say a problem for you human beings, but it can create within you, obstacles in your living. They should not, after all there are many aspects of yourselves, which coexist in your daily lives. This is something we need to enlarge upon at a later date, but you are aware that you are not a single entity, you are not alone, you are many parts. Therefore it would not seem that it would be unacceptable for those aspects of yourself to encounter the human form, in any one lifetime. Do you understand?

Sallie: Yeah, I think so. Is it feasible that there's always a desire for those aspects of oneself to

come across each other, because of that feeling of unification?

It is not a desire my dear friend, it should be your goal, that each aspect comes into harmony with each other. It should not be an obstacle in your living, it should become part of the living — the intelligent spiritual part of your daily living, in order that these many aspects of your being, can help. Do you understand?

Sallie: Yes, thank you.

I think without fuller knowledge of these other aspects, you may be a little confused this time. But it is something we must embark upon at another meeting.

(*Another sitter then began coughing*)

Is the lady okay please? (*Yes — sorry.*) Others may feel this time, small irritations within their throat area. Please (*not*) to be concerned about this, there is a good reason for it, you understand? (*General agreement.*) Is the lady happy, with what I have told her?

Sallie: I am — there's something else though. I haven't really got anything to back this up, other than feeling and instinct, but it feels like that at certain times, different parts of my connection come towards me and at this particular time — I've felt this before — it's almost like you've got to put yourself in a situation where somehow I'm supposed to be helping that particular aspect, or teaching them something and I feel so damned inadequate myself, that it's almost like you think, well if I mess this up, I'm probably doing more harm than good; should I step aside, for a more experienced part of me to take over?

Yes, you have named the problem. You should allow these things to happen naturally. What you are doing my dear friend, is allowing the physical thought to interfere. Again I must stress to you, think *spiritually* and once you begin to do this, you will not be so harsh upon yourself and your life should fall into place. It is a matter of again, going into that silence, where you can be guided.

Sallie: Sometimes in that silence, and when it's very, very clear, as you say, and you come back to physical thought, I can almost feel quite ridiculous, in what I think I'm supposed to be doing, because it seems such an honourable task. **Yes, but of course, that feeling belongs to your physical thinking. (*Yes.*) You must try to separate your physical thinking, from your spiritual knowledge — there is a great difference. You are**

beginning to recognise it, but you punish yourself far too often.

Sallie: I'm afraid of doing harm.

No, no you will not, do not be afraid, (*Spoken very gently*) do not be afraid. Allow it to come forward, allow those many aspects of your soul, to comfort and help you along in this lifetime. In fact, what you are truly doing is creating blockages for those many aspects of yourself. Can you see this?

Sallie: I'm not sure if I can see the blockage at the moment, but I'm sure I will if I think upon it, or go into myself about it.

You must ease up on yourself, you are much too harsh; you must allow it to come naturally to you, yes?

Sallie: Yes, thank you.

Les: If I might follow on that theme: You say — and we understand and accept this, that we are many, many parts, so we come to the spiritual thinking — again you told us we must try to emphasise this in all our actions and thoughts. How do we separate your inspirations to us, from our own aspect of self, which might be giving what we think are instructions, or inspirations from your world? This sounds awfully confusing, but are our physical selves, or part of our physical selves, responsible for the thoughts, which come into our spirit minds and therefore affect the physical living?

You cannot separate your *physical* thinking, from your *spiritual* thinking, whilst in these bodies. We have touched upon this subject before and you all found it confusing I know. Whilst you are in these human forms, of course your physical thinking has a great deal to do with how you react, even though the spiritual part of yourself, has greater knowledge. Remember that within these human forms, you also have been granted freewill. The one interacts with the other. You cannot whilst you are in these forms, separate them. The thought, which is the spiritual thought-form, can create goodness, or it can be discarded, by the physical thinking. Do you understand this my friends?

Les: Yes we do and it certainly is a complication, isn't it?

It is difficult for you to understand I know, but you cannot separate the two, whilst you are restricted by these human forms — that is the difficulty of human living.

Les: Yes you did tell us some time ago of this problem, that the physical is responsible for the spiritual and the spiritual is responsible for the physical.

Yes, you cannot separate it, it is impossible — the two are joined together, whilst you have this living to do. Of course the spiritual form has much more knowledge and is trying most hard, to encourage, to uplift and to help you, in all aspects of your living. But because of the human freewill, mankind creates many difficulties for himself. Spirit cannot interfere with your living, I must stress this to you all again my dear friends. We can try to help, to uplift, inspire you, but we cannot interfere, once you have made your decisions. After all, what would be the purpose of your living?

Les: We come back to what you have told us, about the need to go into the silence, in order that the spiritual self, and the spiritual thinking may develop —

Now, I beg your pardon, but this is a most important point. At last you have reached the understanding, of why going into the silence, is most important. It is not so much for your growth in the physical body, but in order that the spiritual aspect of yourself can come forward and *help* you.

Les: Yes, so it can gain strength through itself, whilst in that silence?

Of course, of course — is that clear to you all?

Les: Does everybody now appreciate the reason why I've been asked earlier to go into the silence more? It is for the development of your spiritual selves.

Yes, once you allow that spiritual aspect of yourselves to become stronger, to become the main force within your living, then your physical lives will fall into place — life for you should be easier. I wish I could stress more to you how important it is, that the spiritual essence of yourselves, be allowed to come to the fore. It would matter not, what life problems came to you, whether it be emotional problems, problems of health, or problems of everyday living. They would disappear into the background of your lives, because the spiritual self knows, that these things are mainly unimportant. Do you understand my friends?

(General agreement)

Les: Whilst we're on this subject then, another aspect of the questioning: You of course have far

greater knowledge of the future, than we can have in a physical sense. **(Yes.)** Therefore you must know which path would be desirable for us to take, in our daily living. **(Yes.)** Presumably knowing that, you would attempt to influence us, if I can use the word 'influence in that way, **(Yes.)** as to which path we should follow. But that I imagine, is not construed as interference, in your world?

Of course not, because ultimately you as human beings make the choice.

Les: Yes, we come back to freewill again, don't we?

You come back to freewill — you can be inspired, but it is up to you whether to go in one direction or another. That is why my dear friends, you must be totally responsible, for all that happens in your lives. Can you now begin to see the connection? (General agreement)

Les: Yes and of course, there is the further connection, that the more we do go into the silence to allow the spiritual selves — in plural, to develop, then you are presumably, better able to influence us, in the right direction, and *our* thinking, would be parallel to your desire for us, without it being interference?

Not only *our* desire, but your own desire.

Les: Our own spiritual desires, yes.

Yes, I point that out to you. You would recognise, when going into the silence and meeting all aspects of your soul, that you *know* the correct pathway that you should take. *That* is why it is most important each one of you feels responsible for ones own soul's growth. You dear friends, have that great responsibility. We can help you if you allow us to, we can guide you if you allow us to, but of course I say again, we cannot interfere. I hope this has clarified this for you?

Les: It has for me, does anybody else have a question on it? Any point you're not clear on, please ask now. *(Pause)* So presumably everybody understands fully the need for development of the spiritual selves, is that so? *(One or two affirmations)*

What is important also my dear friends, is that you begin to see, that all parts of my teaching to you, begin to take shape, that you can see that each teaching, belongs to another, that it begins to take shape as a whole, for your spiritual growth.

Les: Yes you're quite right, you did mention this a long time ago, that each teaching was dependent upon another.

Yes, it takes much time and you are patient, you belong to a group with much dedication; therefore it is now up to you to process what I have given you, in order that you may help yourselves. Do you understand my dear friends?

Sallie: Are we just helping ourselves though, is it just for us?

No, no we have discussed this, your purpose in this life of course, is dependent on why you have returned, but it would be a selfish life, would it not, if it was only for your benefit? All people you come into contact with, benefit from each other. Remember, that you have chosen your life's plan before you come. The soul knows that plan and it is up to the soul to guide you, if you will allow it to.

Les: Does everybody understand that now? *(General agreement)*

(Les reiterates the importance of our answers, so that our unseen friends who are also present at these meetings, know whether we understand/accept the teachings or not.)

I only wish that I could show you, the many who surround you, who are with you and are there to help you, if you would but accept their guidance — you should never feel alone, in any situation in your lives. When mankind begins to realise this, then he truly will be walking the true pathway of living.

Les: Everybody clear on that now? *(General agreement)* If I might put it this way, you have a responsibility, not only to yourselves and your own spiritual growth, but a responsibility to those who are trying to help you, to permit them to come close to you. Again we come back to the importance of the silence.

Sallie: It's an endless silence though isn't it, because although we have a responsibility to those people or those spirit forms, who are trying to help us, it runs on down, because although we are working on our own spiritual growth, we're also working with other facets of humanity, other parts of ourselves, and it's like an endless circle, isn't it?

Les: Of course it is. '*No man is an island.*' Who said that?

Sallie: I don't know.

Les: I forget, but it sticks in my mind — some well-known author and it's quite true and with

the teachings we're getting here, that should be of paramount consideration, always, that we are part of a whole, we are part of the creative energy. So how can we be separated? We cannot. **This is what most find difficult to accept. They see themselves as human forms, if you like with the spiritual aspect, some vague thing, that belongs to them. Instead, you should be looking my dear friends, at the other aspects; you should be Spirit first and foremost. The physical being is the lesser, remember this always. It is a convenient vessel for your soul, in this one lifetime; that is all. Try to keep this in your minds.**

Sallie: Salumet, would it be logical then, or correct to think that every time we go through this lifetime, at the moment — I don't actually want to think about the others, because this seems to be quite enough for me at present — we just go on to a slightly harder or more complex task, because we perhaps mastered or understood another step along the way. In fact it doesn't get easier, it probably becomes harder? **You are partly correct, but again you are approaching a deep subject here. I do not wish at this present time, to follow that pathway. Yes, it is something to think about, that when you have mastered so much, you assume as physical beings, that it becomes easier. You are right in your assumption, that it in fact becomes more difficult.**

Sallie: I thought I might be.

But I do not wish to discourage anyone at this present time. We are speaking on deep matters here and I do not feel that the majority of you here are ready for such topics. The time will come of course, but for now we must leave that there.

Sallie: Okay, thank you.

Les: Going back again to the spiritual development overcoming the problems and drawbacks of physical living, I think it might be useful to us all, to think at times of the martyrs, who have been sacrificed for their beliefs, in the course of history. What is it that gave them the strength to go through the terrible suffering, some of them did have? Joan of Arc for instance, being burnt at the stake — a mere girl. What was it in her make up that enabled her to experience that, and to accept it? It's obviously to me anyway, not a physical strength, it is something

which far exceeds it. Wouldn't you agree?

(General agreement)

George: Yes, with Joan of Arc, I think I read that she heard voices. So she would have gone into the silence — we are back to the silence again.

Les: Yes, quite, we don't know how many lives she'd been through, to acquire that degree of spiritual development, to enable her to withstand such torment. And not only Joan of Arc — many others have suffered throughout history, because of their beliefs. What gives them the strength, apart from the spiritual development?

Sallie: It must be a sort of spiritual strength, but I'm sure you'll tell me if I'm on the wrong track, but to me, it doesn't seem any braver, than living a life and going through the everyday things that we all go through and trying to do the best that we can. To actually give up a life for a cause, doesn't seem any greater. It seems equal, perhaps — I'm mistaken?

Can I interrupt please? (Yes.) Let me say this to you: We return again to one of my teachings to you: Do not judge any other, because you know not what their task in any lifetime is. Therefore you cannot judge or know what they are about. So I would say to you, each one of you, focus on your lifetime now. Do your utmost to develop that spiritual self to the best of your capabilities, in order that each day upon this planet, is a good and successful one, that you may come home to us each night and say, 'I have tried my very best.' You cannot do more my friends. If you can look back upon one day in your life and say, 'I have done my best,' then you cannot chide yourselves. You can only go forward, you can only grow in strength spiritually, in knowing that you have tried your very best. So I would say to you, do not be concerned about the development of any other one being. They have chosen their pathway. Do not judge; never make judgement on any aspect of living of another human being. Do you understand? (General agreement)

Les: Right, any other questions on this topic please? Or is everybody clear in their own minds now, of the *essential* need to concentrate as Salumet has said so many times, upon the fact that we are spiritual entities and not physical? *(General agreement)* We are all going to slip of course, but if we can try constantly to remember that, particularly when you are going into the

silence, which I hope you are doing, then we should develop what we should develop. Any other questions?

George: I wonder if I could ask a question about healing, which may just connect, I'm not sure. I know someone who has the condition known as Dystonia, also known as 'writer's cramp.' It would seem that the brain allows use of the hand muscles, for anything except writing. I simply wondered if this condition is amenable to healing, or would it in some way arise from a directive from the Higher Self?

Again, I must say to you — and we have discussed this some time ago — again I will stress to you that mankind must accept responsibility for *all* that happens within his or her own lives. I know you find it difficult when it comes to illnesses amongst yourselves. Mankind always looks for something or someone to blame. I have to tell you my dear friends, that mostly responsibility lies with each individual, whether it be from choice — and it usually is, or whether it is from some emotional blockage within the being; well there are many considerations to be thought about. But the mind of course, has much power over the physical being. We have discussed this have we not? (*General agreement*) If the mind has the power to create illness, the mind has the power to undo it. That is my answer to you, my dear friend.

George: Yes, thank you. I suspect it has to do with emotion — thank you for your answer. **You can of course have emotional blockages within your physical lives and these can be carried forward from previous times, but we must not make generalities, because each one of you is an individual. You cannot assume that every illness has the same cause, do you understand this?**

George: Yes, thank you for your answer. **But I will say again and I do not apologise for it, that each of you my dear friends, is totally responsible for your lives. And it is an acceptance that you must make, if you are wise. It is hard I know, I know you find it difficult. Illness in particular, for you human beings seems to be something you do not look upon, as a growth of the soul, but in fact it can be. Can you understand?**

Les: Yes, so if we're looking for somebody to blame, it's quite simple to look in a mirror.

(*Laughter*)

I thank you very much, I would not have thought of those words. Yes, total responsibility belongs to each one of you.

Sallie: But while we're looking in the mirror and being accountable, we can also forgive ourselves, can't we. We haven't got to blame ourselves, too harshly?

Of course.

Les: Yes, providing I would say, we have done what Salumet says, and each day, be able to go to sleep, comfortable in the thought, that we have done our best during that day, for all around us.

Lilian: That's a good idea.

I would say perhaps, that — I will not say 'fault,' but one condition you humans have, is that you allow your physical brains to overrun. You do not allow time for each thought to enter, it is galloping, galloping, galloping all of the time. It would be a good lesson for you all, to take control of your thinking.

Sarah: Salumet could I just ask one thing? If a child has an illness, a child hasn't really had a chance to bring that illness upon himself. Is that something that is left over from a previous life, or is it a chance for the child to die to help others, or maybe to help himself?

Again, you cannot make assumptions. That child is a soul — a soul perhaps of many lifetimes, so you should not judge, what that soul has come to do. Again, you are thinking on physical terms, because children to you human beings, should follow the pattern of growing to old age, as you all hope to do. But this my dear friend, is not the pattern of true soul's growth. What of the baby within the womb, who returns home, without even being born into the physical life? There is a purpose, even though you cannot fully understand it. You will confuse yourselves, if you try to judge every human being — you must not judge.

Sarah: So an illness that a person has, they haven't necessarily brought it upon themselves in this lifetime, it could be from a previous life?

Yes, you must not look upon illness as something tragic, that is where you go wrong. So soul has chosen for whatever reason, that way in their lives. I know this is a most difficult subject for you all, it always has been and still mankind finds it difficult. How many people

have you known on this earthly plane who are stronger because of illness? (*Emphatic agreement*) Can you not see that that strength, is a spiritual strength? (*General agreement*) So the soul has grown *because* of that condition. (*General agreement*) So do not always look upon illness, as being something destructive, it is not.

Sallie: So why Salumet, is it necessary to go through so much pain, in order to evolve?

You do not *have* to. It is the soul's choice — not everyone suffers now, do they?

Sallie: There's different sorts of pain though.

Yes, of course, but a lot of what you call '*pain*,' belongs to the physical being and not the soul. That is the choice made within the human form.

The emotions belong to the physical, and I would say mainly, that human beings suffer emotional distress, because they are not listening to their own selves. A lot of what you call suffering, can *not* be left unattended, but for much of your suffering, it is unnecessary.

Sarah: On the subject of suffering, if somebody tortures somebody else, are both souls consenting to this?

Not always — again my friend, you are trying to generalise and again I say, without knowledge of the soul's own life plan, you cannot judge. That is why you must not judge another. You find it difficult I know — all of you do, but pain is not necessarily destructive to the soul. Does this make sense to you?

Sarah: Yes it does, it gives you strength.

Les: I think we constantly make the mistake of thinking of the one aspect of a person suffering, instead of trying to remember, that we cannot know as Salumet says, the reason for that and what it's effect is going to be upon many others, who the soul is probably trying to help, by accepting those particular disadvantages or difficulties.

Sallie: Ultimately though, why are we doing all of this, because ultimately we come from that original loving Source, (*Yes.*) so what's the point of all this, why can't we just stay with the original loving Source? Why are we doing this?

Why are you living?

Sallie: Mm.

Because to obtain soul's growth, you have to experience both positive and negative energies, to become pure. Again, my dear friend, you touch upon deep matters, matters which you could not possibly understand, that you would

need aeons of your time, to begin to understand. Remember that the all-creative force is energy, energy in both positive and negative senses. But to attain that purity, you also have to experience negative energy, and that is one purpose of human living.

Sallie: When we've done that, I'm sure you're not going to answer this really — it's probably not the right thing to do, but when we've actually done that, what do we do ultimately? What's there at the end of it all?

My dear friend, I cannot answer, because I have not reached that point and I know of no being, but again, I use that word '*being*,' reservedly, because you reach the state of '*non-being*' — in ever reaching out to that creative force, you are going on a journey, that is as yet to me unknown. So I cannot answer you that question. Is that helpful to you?

Sallie: Thank you, yes it's only my physical frustration. (*Yes.*)

Lilian: I can understand, I've thought that too. (*Chuckles*)

Sallie: It's not my Spirit, it's my physical irritation, at the thought of doing this for such a long time and am I ever going to get anywhere.

Les: You could ask what created energy? What created the Great Creator? We shall never know the answer Sallie.

Sallie: We all did I think, didn't we? We're all part of the same thing?

Les: Well, as has been said yes, and when Salumet says about going home, we go back to our origins in creation.

Sarah: Could I ask one more question? Salumet you said you've never been a human being. How do you get your negative experiences?

I have said I was a conglomerate of beings. That is a most difficult question to answer. We are a form of energy, not used as human form upon this planet. But our knowledge is such that it is extensive, in knowing what is happening, on not only this planet, but on many others, within the universe.

Les: Alright Sarah? (*Yes.*) To simplify that if you wish, think of an artist — a 'master' as they're called in painting. How can he tell you of his knowledge or his ability to create those marvellous pictures? He can't, he can only do as Salumet is doing, to do it in another way, try and illustrate, what he is feeling or capable of doing or passing on. You see the finished picture. Do

you follow me? (Yes.) But you cannot know what activates that man or woman, to produce what they want you to appreciate and enjoy and to learn from. Does that simplify it a bit?

Sarah: Yes slightly, it's just that Salumet must have been at a lower level than he is now.

Les: Why must he? He needn't necessarily have been on any level that's known to us. You see we're thinking on physical terms again, which we must not do. Accept that there is an existence, an existence far beyond our comprehension, but just accept it.

Sarah: Yes, I obviously had a wrong concept of it, because I felt that once we'd broken away from that *home* as it were, you came down and had to work your way up, to get back there again.

Les: No we mustn't think like that, because it may never have been so.

Sarah: Right, so there are many ways of —

Lilian: Of reaching the same source?

Sarah: Yes.

Lilian: Many pathways?

Sarah: Not so much the pathways, I mean I know we're humans and we live on this Earth and there are other people who live on other planets, but I didn't realise that there were beings who were totally different.

Les: Well look at it in another physical way then. You know how radio programs work from radio waves in the ether? (Yes.) How many of those exist and of those that exist, how many are used?

Sarah: Yes.

Sallie: It's a bit like our brain, isn't it? We only use a certain percentage of it. (General agreement)

Les: Right, I don't know if Salumet wishes to say any more?

I find your discussions most interesting, but for this time, I must leave you. (General thanks.)