

**~28<sup>th</sup> December 1998~**

Les explained at the beginning of the tape, that he'd felt very ill over Christmas. (So poorly, that he'd questioned whether his time could be up) He had to ask for help from the 3 ladies, who he'd been told were looking after him from the Spirit realms. It had a dramatic effect and as he was recounting it all to us, the voice changed and he seemed to drift in and out of spiritual communication/trance:

Les: —the 3 ladies were responsible and probably others and I had the most wonderful feeling I've ever had, of—**absolute complete and overwhelming love and compassion and everything that we as humans would consider beautiful. The tears were just streaming and it was the most wonderful experience. So it looks as though you are stuck with me for some time!**  
(Much laughter and loving chat)

Then one came briefly through Eileen:  
**I have come to say, be prepared for the return of the one who comes to you, next time.** (General thanks)

Then a softly spoken one came through Eileen:  
**As you come to the end of another one of your earthly years in this part of your world, we feel it would be appropriate for you to dwell and try to recollect, what knowledge you have gained, from this past year. We were most interested listening to you, at the beginning of this evening. I would say only this: It is something each one of you should bear in mind, that no matter what stage, no matter where you are in your lives, what difficulties, sorrows or happiness — whichever stage you stand at, remember always you are never alone. If you will keep this in your minds, you will be freed from all fear and of course we know only too well, how fearful each one upon this planet can become.**

Les: Yes you're quite right.

**Life brings to you all kinds of difficulties, many types of distress and sorrow. But know always that there is always someone close by you, who is there to help, if you will but allow them to. There is much to come I am being told, for you all. That is not to say, that your life will be smooth, it will not. It is the troublesome difficult times, which bring growth. But those times, need not be times of great fearfulness. I would say only this now, before I leave, that this evening, we give you the opportunity with us**

**standing close by you, to discuss in whichever way you decide, to speak of what you have learned, in this past year. And as your year closes, can you truthfully say, I have done my very best? I have shown love to many, I have looked into my heart, I have shared myself with others, without any thought of reward. My friends, I say to you, analyse your souls and move forward, as does your years. I thank you for your attention and I will bid you all much happiness, much knowledge, but most of all, I bring to you peace.** (General thanks)

We then began to discuss individually, what we felt we had learned throughout the year, the points are summarised below:

Les: I have done a great deal of self analysis over the year, particularly in regard to my own privilege of being what is called your leader. I don't look at myself as that, but only as one of you, who happens to have a little more knowledge and has been permitted to pass it on to you. So I have done a great deal of self analysis and questioning, hoping that what I do in the way of teaching has been correct, properly administered to your thinking and that you have benefited from it. I have also become much more aware, of a closeness of our friends. They repeat this many times and I can say with much emphasis, that I am much more aware of it now at the end of this year, than I was at the end of last year, because I've had many more experiences and I'm fortunate in being able now, to be very much closer to them and therefore enabling themselves to be very much closer to me. I also have come to the conclusion, that it's quite impossible to understand the complexities of spiritual living, or the ramifications of the soul. So I accept without question now, much of which I would have questioned 12 months ago. I think that is a fair summary, it's not everything of course, otherwise we'd be here all night — Sarah then added that Les had been a very good leader, to which we all agreed and he replied that much of the leading came from the other side, rather than from himself.

Eileen: What I feel probably sounds very general, but I feel that each time I listen to the tape of Salumet, I'm amazed by the content of the subject to begin with, but in a sense I'm not surprised. It's almost like its natural. Does that sound very strange? (No!) But at the same time I do believe I've become much more humble this

year especially. And I feel I've become a stronger person and I feel that anything that comes to me now, won't be any kind of shock, that I'll cope with whatever comes—it's this feeling of knowing, which I don't say puzzles me, but I find it a little strange, that I've accepted it all so very easily. But I would say probably humility is what I've felt most.

*Others agreed that they had also felt this.*

Les: But I would not be surprised Eileen, if the Salumet that speaks to us through you, communicates that knowing, as you call it, because you are part of the Salumet soul.

Eileen: That's a wonderful thought, but—

Les: Well I have thought this before actually and you have not confirmed it, but acquiesced in what I thought, without knowing what I thought. I think it's quite possible that you are one of the parts of the soul of Salumet—

Lilian: I look at the human race in a much different light, especially with the judgement thing. You can't judge others, you have to remember they're spirit, no matter who — things that happen in the world, you accept it more. Things that we thought were really quite dreadful — that we've chosen that pathway, that seems to help there. Lots of things, but that perhaps is the special one for me.

Margaret: Well last year I felt I was so happy with my life and it just gets better and better, and I don't know why. I sit down and think — well, if I believe what we've been taught, and accept things as they are and don't criticise, it's much nicer. I find that I have no one from here to talk to about things, during the week, and I come here with so many things to say, and then I learn more and — I just live a happy life, and I think it's wonderful. When I walk into this room, there's an atmosphere of joy and happiness and there's not many people who can go through life being happy. I try to do the best I can for others, but I think someone's doing the best for me and that's wonderful.

George: My overall impression is: One started with an acceptance of how things are in spirit and how we are all spirit beings. And then a bit later on, one can have a deeper acceptance and a deeper acceptance, and you can't imagine that it's going to get deeper, but it does get deeper. And one seems to get carried along with this feeling. The bumps and happenings in the material world, they don't seem to have quite

such significance, as one used to attach to them. The odd knocks, they become less important somehow, or less sinister — I accept that there are many things we can't understand, not in any detail. I accept that we can't understand the full nature of the soul—

Mark: I feel I'm very lucky to be able to come to this group. Related to that, I notice more people in my daily life, I marvel at the fact that they don't have a group like this to come to, and yet still manage to be really nice, good people. I think I've got more respect for people, because I know I've needed it very much. I feel so much — sometimes when I come here, almost the thought of coming after work and everything, almost seems like an effort, but I know I've got to come and once you get here, once you hear all the beautiful knowledge, it's a great privilege—I know I'm battling to make more time for the silence. A lot of the time, this is my only silence in the week, which is a terrible thing, but I know I've got to battle a bit harder to create that silence—I feel much more integrated in my work environment. I suppose that comes from a bit more understanding of people—

Sarah: I feel very much like Lilian re the judgement thing. Last year I know I was beginning to not judge people so much and to try and see the good in them. And I think that's continued and I do find if I am trying to judge someone, quickly I feel aware that I'm doing this and try and stop and see the good side. So that has grown a lot this year. I've also become a lot more confident in being able to pass on the message. Last year I was accepting it, this year having really accepted, I find it much easier to tell people about it, whereas last year, I was quite hesitant, I didn't quite know how to go about it, I wasn't quite sure—There are a lot of things I still find it difficult to explain, but I'm able to get the general gist over, to help others who are in difficulty, or just when somebody's said something, and I've thought ah, you don't quite know this and I'm just able to drop in a word. And I'm finding that much easier than last year.

Paul: I think I'm getting a lot of help from the silent times, now that I'm trying to do it more regularly. When I do have problems during the day, I can take them in, to that silent time and they do dissipate and I end up smiling at them, all the worries of the day. And I think in the

everyday life, I have been pretty cut off in the past and a bit numb with my daily life. But it's beginning to go a little bit, there's still a lot more I think, but I'm beginning to enjoy life now. Things don't make me so angry or scared. I think in certain parts of my life, I'd just given up on, or tucked them away or something—I think now things in the world are generally—it feels a warmer place to be. It's all the power of thought.

Mary: I feel very young in this group—it's been about 6 months. I was just thinking when we were all talking, about how gently and how easily this group took me in and how comfortable it was coming in. I guess the biggest difference in this 6 months for me, is the letting go of judgement and also letting go of anger. In my day-to-day life, I find that I don't get angry with people, socially or in the workplace. I'm able to understand and I see them differently, I don't know if that makes sense? (*General agreement*) Also, I can't explain it, but there's a calmness in me, that wasn't there before and also I don't doubt myself as much as I used to. I think I accept myself better than I did. Also, along with not judging other people, I'm not judging myself, in the same way that I don't judge others.

Anne: (*A guest from America, who hadn't been here long*) I would just like to say thank you for letting me come here. I can only tell you when I came to England I was in an awfully big mess—I'm not going to go home as big of a mess, but I am gonna go home with more tools, to work with. I'd like to ask a question though. I've talked to Mary about this, I don't want to stop when I go home, but I don't know where to go?

Les: Well, I'll give you an address before you go and if you write to them, they'll put you in touch with associations in your part of the States.

Anne: I appreciate that, thank you.

Mary: Leslie, something else in my life, and I did mention it to Anne—if I need something, and I'm not talking about material things, but if I need something in my life, and I sit back, it's there—it always appears, and it's getting to the point, where I'm expecting it to appear. If I need help, with thoughts or feelings, or whatever, someone always comes along to help.

Les: That's why we have been told, as was said at the beginning that never think we are alone. You'll not necessarily have a tap on the shoulder and someone say, this is what you should do. But the help can be given in a variety of ways and it

might well be channelled to you, through another physical person —don't forget that. So many people think help is going to be some mysterious word, appearing on the wall etc, but help comes in many forms, and the most convenient form, best for your particular need at that moment. We do make the mistake of presupposing the way help is going to be given.

Mary: The word faith has taken on a new meaning, since I've been with the group.

Jack: I'm a bit like—it's the judgement thing again, I think I've become someone less cynical. I probably have some way to go, but it's getting better.

*There then followed one through Eileen:*

***Good evening. So often we are sent thoughts of what is knowledge. Can I say to you, knowledge is action. What is action, but the formation of thought. In your words tonight, you have demonstrated to each other, that not only have you gained knowledge, but you are learning wisdom. We wish to say to you all, take heart, know that you grow, know that what is given to you, is individual to each one of you, that you cannot all grow together, but you must take each stage at your own pace. You have within your midst, someone here, who has expressed humility and we say look after him, because he has taught many, many people. He will tell you it all comes from our side. Let me tell you, we cannot work alone. So I will say, perhaps on each one's behalf, that he is given many, many thanks, not only from yourselves, but from many in our world. Those who stand close to you, have listened and are telling me now, that they are pleased at each one's development. (General thanks) You must take the credit, because although you stand not alone, you have the power, the power of your freewill, to either learn or not. So I say to you all, God be ever present with you, in whatever form, you wish to know your God. I bid you goodnight and thank you once more for your comments and your attention. (General thanks)***