

~January 4th 1999 – first meeting of the new year~

Good evening. *(General welcomes)*

I am pleased to join you once again in this one of your new earthly years.

Les: Thank you we are very pleased to have you, we hope that you feel refreshed after your withdrawal.

I thank you. Yes much has been achieved since last we met. But more importantly, I know that the time spent in my absence from you, has been fruitful for you.

Les: Yes, I'm sure it has for all of us.

I would like to say to you all this time, there is much ahead of us in this coming year. I cannot say to you, that life will be free from strife, but what I can tell you my dear friends, is that in this coming of your new earthly year, that each one of you will grow in spiritual strength.

Les: That's a very happy thing for us to know, at the beginning of our new year.

I hope it is accepted by you all. *(General agreement + thanks)*

Les: It is yes and we're very grateful to you for telling us, because it does give us encouragement.

Yes, that is why you should know, you have been dedicated members in this work and I think that all of you have felt the benefit of the knowledge passed to you. *(General agreement)* Therefore, I wish to give my thanks to you all and wish you to know that spiritually, you are ever-growing, ever-growing. *(General thanks)* I do not wish to embark this evening, upon any new subject, I think it is enough that we blend together this time and perhaps next time, begin our serious work. I know also that life is still difficult for many of you, at different times. Let me just say this to you my dear friends: As you become stronger, come to know yourselves more, come to realise that you are part of a whole, then truly life will be more settled for each one of you — that physical conditions of living, will seem at times to be very insignificant. I could not use these words to many, but I am happy to say that the power for growth has been given to you. Now you must utilise that inner knowledge, not only for the best of others, but also for yourselves. It is all before you and now I say to you all, use the knowledge you have gained. No longer can you stay back and deny the power within your grasp. You now my dear friends, have the responsibility, to use what has been given to you.

Les: Would I be right in saying that this is going for all of us, to be the year of fulfilment of a duty?

If it is not, then I will not say 'blame,' but you must accept that each individual is responsible for the outcome of their thinking. This year, should be a landmark for each one of you, if you will so allow it to be.

Les: So the exercise of our freewill, is going to be paramount for all of us, during this coming year?

Yes, you can never erase the function of your freewill. You are responsible for all that you do. But as I have said, the power is within your grasp. There is much to be gained, if you will but allow yourselves, to be open to the spiritual knowledge that has been placed before you.

Les: So the opportunities are going to be presented to each of us in differing ways no doubt, during this year?

Of course, because you are at different stages, it will be given to you at the degree that can be accepted.

Les: And so it is then up to us to utilise the knowledge that you and others have brought to us, *(Yes.)* during the last few years and to justify you and others, having taken the trouble to give us that knowledge.

Yes, there is much work for us to do, but although we have given much to you, you cannot remain passive, you must grow in that knowledge. This is not meant to be harsh words for you, but the time is imminent, when your co-operation, your spiritual strength, will be much needed. Each one of you my dear friends, holds responsibility, not to myself, or the others who come to you, but to *yourselves*. You must now use your soul, you must use the knowledge and *you must not look back*. This is a time, where we can learn much together. So my parting words to you this time my dear friends, are these: Live your lives in love and peace, because in peace and love, you can overcome anything in your physical lives.

Remember all that has been brought to you thus far, and you will not go wrong. For the rest of this time, I would wish to work quietly with this instrument. I am sure you can find many things to discuss. All I ask is that it be done with quiet talk. I look forward to our meeting next time.

Les: Certainly, and before you go, I would like to thank you again, for all that you have been doing for me during the last few days and weeks.

My friend, whilst mind retains the purpose of this work, living will be easier for you. We are there to help you, if you so desire.

Les: Yes I know I've been receiving a lot of help with my health problems over the holiday period and I'm grateful to everybody, who has been so close.

Yes, you understand why, because you have begun to realise the importance of Thought. You my friend, have reached a milestone in your living. I will say no more, because there is no need. My love is with you all, until next time. (General thanks + farewells)

We then discussed how we could pass on the knowledge, recognise opportunities and ask for help in finding the right words, for the people around us. We discussed the difference between physical and spiritual thoughts and how the first 'gut feeling,' is the spiritual one, and the other thoughts, as we think about it, is the physical thought. We must learn to follow the spiritual thoughts, which come to us.

There was then one through Eileen, with a message for Jack:

—He is surrounded by a little mist — we feel some darkness, he brings to the surface of his thinking at times, moments of despair, which I would like to say to him, are mostly unfounded. He must not allow himself to be drawn down by these negative thoughts. We are ever with him and we wanted him to hear these words from us, to know that we will try to uplift him. But he must play his part and allow the light to come to him. We do not want to elaborate on these things, only to reassure him, that we are always close by.

Jack: Thank you very much, it's much appreciated.

We know, but we felt you needed to hear the words from us. May many blessings be with you.

Jack: Thank you.

~11th January 1999~

Good evening. (General welcomes)

This time I will take questions from you, but I would wish to work quietly this time with this one. There will be communication through other instrument.

Les: Thank you, yes I would like to put one question: At our meeting on Wednesday, a statement was made from someone from your world, that I couldn't accept and I would like some clarification. The subject of healing came up and as you know after healing, the healer cleanses themselves as it were, by brushing away any possible contamination. It was said that that wasn't the right thing to do, because the pain which could be removed by that, could be picked up by another person. I jumped on that straight away, because I don't think that's possible — we are talking of two different things, the possibility of contamination spiritually, being removed, but pain itself, does not exist, except as a thought in the brain, warning us that something has happened to the physical body. So it can't be a tangible thing that can be given to somebody else. So having queried this, the communicator then said no, you wouldn't know it's possible, because it's very, very rare. But I still cannot accept that pain as such, as we know it, could be transferred to another person, out of thin air.

Yes, may I say this to you: If someone feels that they are accepting someone's pain, they should not be allowing themselves to be used for the purpose of healing. I would say this to you: The thought that pain is transferred from one to another, must be discouraged — it is not so. What is happening is that the physical thinking is interfering. Is that clear enough for you?

Les: Yes, you have confirmed what I told the healers at the meeting, to ignore it and continue doing what they have been doing, for many years.

If the people being used for healing — and healing after all, belongs to the spirit, then you cannot accept any physical pain. It is as clear as that.

Les: Yes, thank you very much indeed, that confirms what I told them.

Unfortunately my dear friends, as in many subjects about spirit, there are many anomalies. You have to for yourselves decide what is acceptable and what is not. Also in our world, there are some who would, I will not say '*mislead*,' but can misguide you.

Les: Yes I did explain this to my friends also, that they can only give information, according to the information they themselves have acquired up to that point.

Yes, it does not mean that they are wrong, but only misguided.

Les: Yes thank you very much for clarifying that.

Yes, may I say this to you: That as I have said to you, this coming time, will bring to you much new information, information I believe you will not be aware of. And so my dear friend, I will say to you, that our next meeting together, will start off, by bringing some of this new information.

Les: We look forward to that, thank you.

Now is there any anything more, that someone wishes to say, before I work quietly with this one?

There were no further questions and Salumet withdrew at this point, to allow others to speak, the first of which came through Sue:

Good evening. I trust everyone here is well. I understand that at this time of your year, you do suffer in your human body, from some aches and pains and different ills —

Les: We certainly do.

Yes, I myself used to be afflicted at this time of year. But of course, you can overcome these things, with the mind, as well as the cough linctuses and the tablets, can you not?

Les: So we are told, and we try, but I don't think we are as successful as we'd like to be.

But we must bear it with fortitude, must we not?

Les: Yes I'm afraid we do rather accept that that we have to bear it, because we can't dispose of it.

No, never mind, your time will come.

Les: I'm looking forward to it—I can't speak for everybody else. *(Chuckles)*

Come, come you are not ready quite yet — not quite yet.

Les: No.

We'll let you know.

Les: You'll let me know, yes I expect so!

On a more serious note, I have come with a request. Have we someone here, who is familiar with a gentleman called Francis? (No one was able to connect with that name) No matter, do not rack your brains, it will come. I ask that when you recall this person, you send to him kind thoughts. He has been some long time, in the grey part of our world and we are pleased to say, he has come forward now, into the light. I — one moment please — He could also be recognised by the name Chuck. Perhaps in the meantime, in quiet times, before you take your rest this evening, you could all send out loving thoughts to this person please. And then in time, the bond between him and another, will be forged, I am sure. Thank you. (General agreement) I'm sure you are familiar with Anna?

Les: Yes we certainly are.

She wishes to send great love to you all.

Les: Thank you Sister.

And says she misses her little chats with you, does that mean something to you?

Les: Yes, I'm glad she did, she's a very old friend of ours.

— You are aware of course that she has moved on a little and is involved in other spiritual matters.

Les: Yes we were told that some time ago. You are heavily involved in the same work, aren't you?

I am privileged to say that I have been given the opportunity to do good work in my world yes, and I am honoured to be able to do such things.

Les: It's a great pleasure to have you here and I'm going to ask you if I may, to give my friends here, a little information as to the work you do, because it is rather unusual I know and I'm sure they would be most interested to hear it.

I would be most honoured to speak to you on this matter, but may I brave your indulgence and ask if I may return one other time, because it has been agreed that I shall return to you on two occasions, to

discuss deeper matters concerning my work and that of others. I do not feel I have enough time this time, to give you enough information. Do you mind if I refuse this time?

Les: Of course not, we shall look forward to hearing of it another time.

If you will forgive me, I will say to you dear friend, that you this time have, how do you say, 'jumped the gun?' (Chuckles) I am aware that you can, shall we say, 'pick-up' on thought waves, and I was going to ask you whether I could return to discuss my work and you came in a little quickly.

The conversation then emphasised the importance of humour, which has been discussed in detail elsewhere. They then spoke of those of the church who pass over:

—It is with sadness that we see so many people, who think that they are doing good work in the name of the Lord and really all they are doing, is making themselves miserable. They would not agree that they are miserable of course, but we can see the auras around them and they are not as bright as they should be.

Les: No and we can understand this, it is their own thought pattern, which creates the dimness.

Indeed, and some do take a while to come out of that mist when they join our realms. I am pleased to say that with my somewhat cynical outlook on life, when I was in the order, when I was on the Earth, it took me only a short time, to throw off the dark garb, and put on the bright robe. do you understand?

Les: Yes I do.

Even some of the good sisters — and they ARE good, I am not decrying them, they would feel better, if they were allowed to dress in a brighter, softer colour, can you understand?

Les: Yes we understand perfectly...

There are some who dress in white, but predominately it is dark and that is a great sadness.

Les: Dark, black, brown, grey...all miserable colours.

But we hope in time, that we can bring enlightenment to the religious orders, not in your lifetime, or the lifetime of everyone here, but it will come, we are sure.

Les: Yes, so we have been told, it will come.

We are hoping that there will be sisters who come through to our realms, who will be prepared to return to a similar life, but with greater knowledge, so that they may educate people, to the right path in these matters, do you comprehend?

Les: Yes we do comprehend.

We have several now, who are doing such work and it is difficult to explain, but the other self looks on and also learns, does that make any sense to you? You are aware that your Spirit is not one, so I think you will understand a little of what I say to you.

Les: Yes, we have been taught that the soul has many parts.

So you have one part that was, shall we say a dour and stern Sister and another part that has been born and gone back to the religious sect, with a much enlightened mind. And both parts learn from each other. It is difficult I know to comprehend, but it is something, that will benefit your world.

Les: Yes I think we're all beginning to learn and understand a little more, of the complexity of the soul.

I must say I have still very, very much to learn, but I'm sure you will agree, it is great fun having your lessons, is it not?

Les: It certainly is, we enjoy it.

You have your lessons from your master who comes here and we are learning all the time, from many, many different teachers. It is great fun learning, great fun.

Les: I'm sure it must be. As well as the serious work, we get a great deal of joy and happiness, from what we learn here. (General agreement)

That is what learning is all about, enjoyment, satisfaction, the ability to take one small piece of information and store it and know that it can be used another time, for good. It is exciting, is it not, to learn?

Les: It is exciting, when I know that the work we do here, if it were based upon the type of attitude one finds in most churches, I wouldn't have been in the least interested, but when I knew that it had a sense of

humour and you in your world also have a great sense of humour, that appealed to me, as much as anything else.

Yes, I look forward very much to my next visit. I have been told that I will be coming with another and for two of your meetings, we will be telling you something of what we do and why we do it.

Les: We certainly look forward to that.

Until then I will leave you. May I give you my name? My name is Sister Veronica Madeleine.

Les: Sister Veronica Madeleine — you missed out one didn't you? Sister SUPERIOR Veronica —

I don't like to boast.

Les: I know you don't, but you're entitled to the authority, you've earned it.

Perhaps you do or don't know that although I am known as Sister Superior Veronica Madeleine, I like to be known as Sister Maggie.

She departed shortly after this and there then followed an amusing pair, through Sue (Mary) and Eileen, (Jim) who did a lot of work with the 'poor' children, over in the spirit realms. They both worked with Sister Maggie.

~18th January 1999~

Good evening. (General welcomes)

Before I speak with you this time, I would say this to you all: That next time, there will be someone who will answer your questions on the arrival of the new human being.

Les: Thank you that will be interesting.

I understand your doubts, but wait for what is said to you, before you question further. It will be given to you in understandable terms, in order that you understand fully, the workings of life.

Les: We shall certainly look forward to that.

This brings me to what I wish to say to you this time, my dear friends. We have spoken much on this your planet, the evolution of this planet and many others within the universe and the cosmos. What you perhaps do not know and understand is this: That each inhabited planet is overseen by those of us, who have been guided to oversee the evolution of these planets. There is I believe amongst you all, a vision of one guidance for all.

Les: Yes, I believe you would be right in that.

Of course, I must emphasise at this point, that there is only one *Creative Force*, from which we all come. But I do not think you understand that many planets are guided individually, by many principles and forces.

Les: I had suspected that that might be so, speaking personally, because I have often wondered how angels came to be considered as helpers in this world, if it were not for people—I say '*people*' reservedly—if it were not for *entities*, having been given control, just as you have told us. Various entities are given control over the flora and fauna of this planet.

If I may say, in each individual planet's control, if I may use the word, perhaps you are familiar with, there is '*hierarchy*,' from the lowest to the highest, which governs each planet. But what I wish to tell you, is that the over-ruling guidance, comes from a number of beings — from great, shall we say '*consciousness*,' higher consciousness, than you would perhaps expect.

Les: I see, so it is a chain of command, as it were?

Yes. These beings would not be known to you, in any form at all, because they guide and oversee the evolution of each planet in guidance from that higher force, from which they take command.

Les: Yes, that's very, very interesting for me and I'm sure it is to the others and it does confirm what I have long thought, to be the case.

This thinking is disputed by many, who can only see one overriding guidance. You must understand my dear friends that the evolution of different planets, are at differing stages.

Les: Yes, of course.

So guidance must come from the higher consciousness of those, who are able to help and guide.

Les: Yes, and that doesn't surprise me at all, what you say. Is everybody clear on that, the chain of command from the Creator — any queries?

Sarah: So they know what we are supposed to be doing, how the planet is supposed to evolve?

Les: They would be aware of it, they have that knowledge, I'm right, aren't I Salumet?

Yes, yes, the evolution of each planet is known, but as you also have come to know, individuals upon each planet, can affect many changes, with the power of their *Thought*. But what I would like you to fully understand, is that many of us who come to help, have chosen this pathway, in order that the greater scheme of life should evolve in each planet, in each individual form, and to cosmically follow the right pathway. The state of being that many of your earthly masters feel, comes from that consciousness, which individually controls the planet and not from that greater source of consciousness, as you may have assumed. Am I making sense to you, my dear friends?

Les: Yes, you are to me. Does everybody else fully understand that? (*General affirmations*) Let us say that responsibility is devolved, just as it is on Earth, in the human chain, everybody clear? (*General affirmations*) And to emphasise that, you've only got to go through your knowledge of history, to recognise that many people have been *aware* of underlying influences, right from the earliest time of history, but have not been able fully to describe them accurately. The description has just been given to us. Am I right in that Salumet?

I believe your words to be good and correct. I will not go too deeply this time, but I wanted you to have the understanding that there are many forms of consciousness, of which you could not be aware at this time. So I will say to you my dear friends, take these words I have given to you, think upon them deeply, and when we continue, I hope there are some questions for me that I can help you with. You have to try to begin to understand that there exist many forces, that as until now, you may not be aware of, but which I hope I can bring to you, to form a fuller picture of your life and usefulness upon this planet.

Les: Good, we look forward to hearing it.

Do you agree that you have enough to think upon this time?

Les: Well, I would love you to go on with your explanations, if you can do that and I'm sure we would all like that, wouldn't we? (*General agreement*)

I will go a little further then.

Les: Thank you very much.

When we have spoken in time past, of visitors to this planet, I have told you, that that indeed exists and I believe you now fully accept that many forms of life exist throughout the cosmos. (*Yes—*)

You must now accept that these '*space travellers*,' as you call them, are also governed by higher consciousness, from their own worlds. You have to now accept that they too belong—and I will use the words of my dear friend, they belong to a chain of command. So what visitors you have to this planet, have already been guided here. As we speak about these beings—and I will tell you that these beings of consciousness, have never belonged to any individual planets. I will now tell you there have been visitors to this planet for many, many hundreds and hundreds of years.

Les: Yes, that doesn't surprise me at all.

So, what you think of as a new situation is not. We have within many galaxies, beings of intelligence who far outweigh many of your so-called '*masters*' upon this Earth.

Les: Yes I can well believe that!

So, you see that whatever you feel this Earth planet is meant to be doing, it is fully controlled and helped by many forms of consciousness, within many galaxies. So, do you begin to understand, how small a part you play, in the scheme of existence?

Les: Yes we do. And what you say is quite logical to me, because you have explained many times, that our soul is of many parts. To me, it is quite understandable that if we are reflections of part of the Great Creator, then the Great Creator must itself be a soul of many parts and those parts are the consciousnesses, who are responsible for the evolution of the planets and for the carrying out, of the wishes of the soul, The Creator. Does that sound too complicated?

I think perhaps, to the others, but you my friend, I know think deeply. You have my friend, attained much knowledge in other times and which is innate within you. But I feel, with the others, they must think upon each point more thoroughly, in order for their understanding to come. The Great Creative Force is not known to me in any form, but I will say this to you: *(Voice intensity increases)* **You are part of the Great Creative Force, therefore you ARE the Great Creative Force. You are that element, which comes from the release of consciousness, from the *Great Force*. There are many forces and many principles — many forms of consciousness, which emanate and are created into human form, into many planets, into many forms of existence — into all forms of life. You cannot describe that force, which has been created, because I do not know of any consciousness, which could give description to it. It is something that all consciousness works towards, but in so doing, it opens more horizons of *thinking*.**

Les: Yes, we have come to accept that too. That the more we question, the more we learn, the more there is to learn.

(Voice becoming very Faint) **But in learning you are being, in being, you are absorbed, In being absorbed, you become part of an aspect, in being part of an aspect, you become part of the Whole. I could continue, continue, in the many steps of all Creation, but I do not wish at this time to confuse you.**

Les: No, we do understand that and we thank you for your consideration, but I think my colleagues will accept that throughout history, each individual attempt, has been made to understand, what you have been telling us tonight. Each individual existence has its own interpretation of what it is trying to understand. The Egyptians in the 'Book of the Dead' and the transfer of physical objects in their graves — the belief that one is taken across the River Styx, by an oarsman and the other day I was watching a programme on television, where a 1600 year old corpse was found in a lead coffin and to the astonishment of those who found it, it had a coin in its hand, to pay for its passage into the next world. So everybody throughout history has been trying to understand, but never has been fortunate enough, to have the explanations that you are now giving us. And for this, we are extremely grateful.

But, my dear friends, does it not show you that this Earth planet, is reaching a point in its own evolution, where knowledge is being given around your world, in order that you can evolve, in the same way that many, many others have?

Les: Yes it's true.

You are very young, in as much as knowledge goes. You know very little in the way of existence. But your time is coming, and that is why there has in your time, come the emergence of others, to show themselves to the human beings of this planet, in order that you understand that much greater knowledge is known by others, throughout your universe.

Les: Yes. Well we consider ourselves fortunate that we are having that information given to us now.

You must analyse it for yourselves. Your understanding even within this room, is individualised by your own knowledge, your own development and your own acceptance of what is coming.

Les: Yes. I think I can say we all look forward to the acceptance of what is coming. I don't think any of us would have any hesitation in accepting it, since we have learned so much from you. Is there anybody here, who thinks that they are *not* able to accept what is coming to us, in the way of knowledge? Are there any restrictions in anybody's minds, to the acceptance? *(General agreement)* Everybody's quite happy about that, it is important? So everybody is quite happy that there will be no mental restrictions, placed upon an acceptance of knowledge that is going to be brought to us. If you have any doubts, I would remind you, if I may, of what I have said a number of times, in the course of the years, that I was told many years ago, when someone said, 'Why can't you give us proof?' And the answer was, if you have faith, you will receive the proof. Hasn't that been born out over the time we have been together?

(General agreement) So I would suggest that if you keep hold of that, then your acceptance will not be difficult, however strange the truth may seem. Is that understandable to everybody? *(General affirmations)* Good.

I will say only this to you this time, before I leave you: I when I first came to you, begged for your patience, in what I had to bring you. We have reached a point my dear friends, when we can give you more, but what I wish to say to you all is this: That whatever your fears, your doubt may be, each one of you here has been chosen for some mission in your life. It may not be completely clear to you at this time. I know in past times, some of you have felt that your lives have been insignificant. I am here to tell you that these thoughts must be banished from your minds, in order that each one of you can go forward to complete the tasks that you have chosen. On these words my friends, I leave you with the love that enfolds you all, at all times.

Les: Thank you very much and God bless you.

~25th January 1999~

Mark's wife had recently given birth and it had been predicted by someone that it would be a boy. In fact it was a girl and Salumet therefore begins the meeting by talking about this and the nature of prediction in general:

Good evening.

All: Good evening.

This time, I feel that I must give to you, some explanations, because of the confusion within your minds.

Les: About the baby?

Yes, I have decided that it best come from me, in order that this matter may be laid to rest.

Les: Yes, we'd be very happy to hear from you about it, thank you.

Firstly let me say this to you all: It also applies to the coming of the new child, but within your world, there are many communications, there are many communicators.

Les: Yes indeed.

All of you know and understand, that the soul decides for itself, when it should come into the human form. I have told you that many times a pact is made between the parents and the child, before any of you decide to inhabit the human form, have I not?

Les: You have indeed — you've made it quite clear in the past.

Each one comes to the human form, with the knowledge of what your life should bring to you. But each one of you knows, that those pathways are not always truly followed, that because of freewill, you have many choices in your lives.

Les: Yes we do understand that and of course the freewill of the parents also, would have an effect on the potential child, wouldn't it?

That is what I will come to. But firstly let me say this to you, why these many confusions occur? I would say to you my dear friends, unless information is given to you by those of us you call 'masters' —but which I would reserve my judgement on those words—those of us of ascended consciousness who give information, you may be assured it is correct, because of our wider knowledge.

Les: Yes, we did talk amongst ourselves and say that the information did not come from you.

Yes, so that is the first point to keep in mind, that is not to say that any communicator that you come into contact with, wants to confuse, wants to fool you, wants to deceive you; this I tell you now is not so. But what they do bring to you my dear friends is the situation of the 'moment' and here we come to the crux of the matter, the situation of the *moment*. You all are by now well aware that *Time* is ever-expanding, that what was the thought of one moment ago does not exist now. Until you fully understand the complexities of *Time*, you will always remain a little confused. So I say to you this, my dear friends: When communicators come to you, they bring to you *truth*, as they know and understand it, at that *time*. And as *time* is ever-changing, ever-expanding, so do situations. Do you follow me thus far?

Les: Yes we do, no queries on that, are there? (*General agreement*)

Therefore, let me come to the child in question. At the time the communicator spoke to the gentleman, (*Mark*) there was much doubt and fear within the lady's mind.

Les: You're absolutely right.

And of course I have told you my dear friends, how powerful *Thought* can be. There you were told, a boy child was waiting and of course you know and understand that the soul has no gender as such. You fully understand this? (General agreement) Are you sure?

Les: Well, it has taken us some time to accept the possibility, but now I think we all do, don't we? (General agreement) Though we still think of the soul as partly he or she, because WE are humans, male or female, I think it's gradually sinking into our consciousness, that the soul has no gender, as you say.

The soul has no gender, therefore, *therefore* the communication between male and female energy upon the Earth, is of much importance. But it is not of overriding importance—that belongs to the soul. Each one of you has male and female energy, you understand this? (General agreement) Because of the doubt and fear within the mother and the time-lapse of the communicator and the actual conception of the soul, change was made. The soul decided that the opportunity would be best left to another time. There *WILL* be a boy child.

Les: I thought there might be. (Chuckles) Thank you.

Please accept my words as being true. Please do not remain confused. The opportunity was there for another soul and because of the situation and the period of time between communication and conception, the soul decided that it would take form mainly as female energy.

Les: Am I right in thinking that the soul in doing that— (Les begins to channel) *was aware that mother, would have greater affinity with that soul, (Yes.) than she would have done, had it been a boy?*

Yes, this is where the difficulty arises, that you have to understand each of yourselves as energy without gender. There comes a time to make the blending for the right conditions of the soul. Can you understand this just a little?

Les: I can, can you Mark? Because I think the basic structure of what has been said, is that unknown perhaps to Isik, (Mark's wife) there was still a latent fear within her, about the delivery of a boy.

There was fear about any delivery.

Mark: Yes, I was going to say, there was no need for her to know that there was a sex at all, if there was going to be fear of it maybe, I don't know.

No, the fear and worries come from another time. This is a complicated, not as simplified as I would like it to be for you, but it is important that you understand that no mistakes, no deceptions lie here.

Mark: Right, because presumably there wouldn't have been time to actually let us know. The only thing is, it was a little embarrassing, because I told everybody at work, thinking it was true, you see.

You must realise my dear friend, that you have learned a great lesson. You should always be more careful, you should think deeply about the matters I have taught you, and then these things would not be so strange. I have said that each one of you has a pathway in life, that each one of you comes to these human forms, with a purpose, but because of your freewill many *changes* happen. Life is ever-changing and until you fully understand the complexities of *Time*, I feel it will be a little difficult for you to know, that the communicators who come through to you, *come to help*, not to confuse. But they can only give to you, the knowledge that they have attained and the vision that they have. That is why I say to you, only if one of *ascended consciousness* speaks, do you *fully accept* that this can happen, without any difficulties, because their knowledge is far greater.

Mark: Thank you, I wouldn't want to appear ungrateful, (No.) I'm very grateful for all the wonderful knowledge that has come through.

You have known one of life's experiences now my dear friend, it may have brought you confusion and embarrassment, but may I say gently, this has been of your own making, you understand?

Mark: In that I talked about what I'd heard, yes, (Yes.) but we are encouraged to do that.

Yes of course, on the basis of knowledge, but not of prediction. There are many in your world who will give you predictions, but can I say that most of you in this world will have been told something that does not come to fruition.

Les: Yes, you're absolutely right, so far as I'm concerned.

But it is difficult for you to understand this I know. Again I will repeat to you, unless it is given to you by one whom you call a *master*, then you must realise that any information given, which lies in what you call your future, can alter. Time is ever-changing, situations are changing, the cosmos is ever-expanding therefore nothing stands still.

Les: Because of those changes, the duties of the soul required upon this Earth at any particular time, obviously are going to alter, aren't they? And the requirements are going to alter—

How many times have each one of you said, 'I will do this sometime in the future,' and it does not happen? (General agreement) If you try to simplify it for yourselves and realise the power of thought—and remember the soul, the unborn soul, has much greater vision than you, upon this Earth. It can see the situations change, it can see the change amongst the physical bodies, the physical being, the physical thinking. Therefore, you have to give that soul—the purpose and the knowledge it brings...you have to allow it to come, knowing that it's consciousness is greater, whilst in that ungendered state. Do you understand each one of you, what I say? (General agreement)

Les: And Mark, particularly remember what was said about the soul of the boy was waiting—waiting can be indefinite.

Again we return to the complexity of *Time*. I do not think he fully understands, but I know that much happiness awaits him.

Mark: Thank you.

Les: That's nice to look forward to Mark—and Isik, (Yes.) that there *is* a soul waiting. But don't put a definition of *Time*, upon the waiting. And as Salumet so pertinently says, never predict; even if you have been given a prediction, doesn't mean you have to pass it on—keep it to yourself. I'd like to add a little bit that's relevant. When I used to work so frequently with Ruth, we had a lady whose daughter was pregnant. She was anxious to know what the child would be and a communicator through Ruth, said wait a minute, I'll try and find out and after a minute or two's wait, she said I'm sorry, I'm not allowed to tell you, but my own comment to you, is it wouldn't be a bad idea to buy a football. It turned out to be a boy, who was madly keen on football. But that was the communicator's *personal* comment, and that was made quite clear.

There also has to be some realisation, that many communicators are themselves being fed information from many sources. Therefore, you have to allow for all of these things. Certainly I would say, knowledge and truth given by communicators, is mainly acceptable, because it is that truth, at that moment in time, but the difficulties do come when they are telling you of forthcoming events.

Mark: Then I would say that perhaps these people should couch their offerings in terms of, '*at this time—it may change,*' (Yes.) because then one wouldn't feel tempted to talk to people about it. (Yes.) Or if one did, one would be covered, as it were.

Yes, again my dear friend, I know and acknowledge what you say, but in communication, you have to understand that the communicator also is working for the good of others, and does not mean to cause hurt or resentment in any way, but they are also operating through their free wills. Can you understand? (Yes.) It is difficult I know, and I hope that the wider issue is understood by you all. We hear so often and you are right to say, that it makes you *feel* that what is given—and I will use your word, '*rubbish,*' but my dear friends, that is not the way to proceed. It is a lack of understanding that is the problem when we are dealing with human issues.

Les: Thank you very much for all that. Anybody any question on it, anything you're not clear on, because I know Salumet wants it put to bed finally. (Pause) Everybody happy about the explanation? (General agreement) And if we are honest with ourselves, we must say that the information which is given, has been given to us in the past a number of times. How many times have I said to you, if you have half a dozen descriptions of a holiday, you'll have half a dozen different descriptions, all of which to the person giving that description, is an honest endeavour at the truth. Always keep that in mind.

You see, the communicator at that moment in time, knew that the soul was waiting for the opportunity to be born, but at that moment in time, as was said, the male energy was the overriding factor. But in the interim, those happenings changed. If conception had happened in that moment, then you would

have no doubt, that that male energy would have shown itself. Can you understand? It is a complex subject; we have the soul, we have the complexities of time, we have the limited knowledge of communicators and all of these things cause much confusion in your world.

Mark: So there wasn't an over-statement of the sex of the child? My confusion is that it doesn't quite seem necessary to state the sex, if it's uncertain—

But it is not uncertain, there *is* a boy child who will show himself to you. The timing this time was not right; perhaps that simplifies it for you. No, what was given to you was not incorrect, what happened, was that situations, fear and Thought and many other factors have changed that.

Mark: And would you say that it was all meant to be as well? The thinking that it was a boy, was actually helpful in some way?

It has been a lesson for you my dear friend, in jumping to such conclusions and not thinking of what has been given to you in the past. By not analysing and realising what I have taught you, you my dear friend, jumped to conclusions. Do you understand? (Pause) No, we still have confusion, do we not?

Mark: I'm still a bit confused, yes. Maybe I could have—you can't say that it was six of one and half a dozen of the other? That the message wasn't terribly clear and that maybe I didn't think of all possible outcomes? **I understand the confusion that you felt, in having such a communication, of course we do. But what you have to understand is that when things do not work as you so desire—and this happens many times in your lifetime—you have to understand that these situations are not as clear-cut, as you would wish them to be.**

Mark: I certainly understand that now.

Yes, you could say the communicator was wrong, but I do not wish to say that.

Mark: I don't want to say they were *wrong*, but—

But you feel they should be more reserved, yes?

Mark: Possibly, it was a little ambiguous, maybe a bit too ambiguous.

This is what happens I have to tell you, and as you know, many communicators and I am sure this good friend will explain to you, can become over-enthusiastic in their communications. But it is not because of any desire to confuse or deceive.

Mark: No, that's important to know.

But what you have to understand, that there were complexities of many things and the overriding fact, remains with the soul. Energy and time are two things, which you will always find difficult, but which I hope we slowly can bring to you, in some form of understanding. I fully understand that you all were confused. But bear in mind in any communication, which I believe you say '*forecasts*' the future, is always liable to some flaw.

Les: Yes I would like to back-up what Salumet says about that, I think it's highly relevant you should all know it now. Years ago I was told we would have Direct-Voice Communication, you know what that is, don't you? (*General agreement*) It's never happened. Some years ago—and I didn't tell anybody but those in the circle—but some time ago when it hadn't happened, I asked the reason and I was told there were many factors operating to prevent it. Particularly, there were those on their side, who considered that it would not be appropriate at this time, full stop. Now, add to that the fact that Salumet has given us the invaluable knowledge that he has given us, and you I hope have absorbed it to the greatest of your ability, but you would not have had that opportunity, had direct voice been given. You follow? I was disappointed at not having direct-voice—I don't mind admitting it, but obviously my desire for it, wasn't right. But I've never for one moment regretted, that the time has been given, to your development and mine, in another way. So far as I can see, it will be more beneficial for everybody, because you will have heard repetitive voices, but you would certainly not have got the information, the *deep* information and *insight* that we have had, that we've been fortunate enough to have, because of the time available in which to have it. So I imagine now—I would never have done so, but I think the time is right for you all to absorb what I have said and accept that we are merely an insignificant part in the scheme of things. What we want, what we'd like is not necessarily what is *right*, for the overall development of the soul. Any questions? I apologise for interrupting Salumet, but I felt it was quite important.

No, my dear friend, you find words, which do not always come easily to me. You understand the language. I know what I would like to say, but I know also that the capability of you all is limited. And this is the strongest barrier between us that we find it difficult to tell you in simple terms, many, many deep matters, but it should become easier, as your own consciousness grows. You will understand situations, which at one time would have left you confused, but as I have said and I will repeat before I leave you, unless information comes from one of *ascended consciousness*, then you must realise and understand, that the whole of *life* is *changing*, moment by moment. That is the difficulty, that those of limited knowledge, those who see a little further than yourselves, but also are limited in their knowledge, can give to you information, which to them at that moment in time, is correct—that is what you must remember. But I do understand your human feelings of confusion and I say to you my dear friends, put aside your human emotions and bring forth spirit, and in doing so you will better understand the way of spirit. I hope this time I have helped you to understand. I did feel it important that I myself bring to you the explanation, in order that you can clear it for yourself, within your own thinking. I will leave you all this time; I want you perhaps, to think upon my words once more and try to see the wider, wider scope of your thinking. I leave you all, I want you to know, that I am always with you. *(General thanks + farewells)*

Les: Just going back to direct voice, to finally put a cap on it — yes I was disappointed, I had to accept that it was not going to be and I also had to accept, that had it happened, it would as I have said, repetitively taken voices from the other side, of those very close to us, *NOT* masters, they would never come through. So which is the more advantageous for the group as a whole, repetitive communication, which is very nice and a bit of laughter and so on, personal information —*(One then slipped in as Les channelled:)* —***or the depth of spiritual development, which you have had. We know about the disappointment of this one who speaks to you, we know too now, that in his enhanced spiritual awareness since you have had the master teaching you, he is glad that what was promised, did not in fact occur. He knows that your spiritual development has far exceeded what would have been possible in the time available for instruction, had direct-voice communication been permitted. Therefore, if I may suggest to each of you, if a physical disappointment is of concern to you, please, please always look for a spiritual background to that disappointment. Is this clear? (General agreement) Then I wish you farewell my friends. God bless you, give you enlightenment and lessen the impact of any physical disappointments, you may receive in your life upon this Earth.***

George: We have received great gifts, God bless you.

Thank you, I'm glad you look upon it as a gift. It is rewarding to those who come to teach, to give of their knowledge freely, in the hope that you too, may eventually aspire, to the beauty of the enhanced consciousness, which they bring with them. God bless you all my friends. (General thanks + farewells)

~1st February 1999~

Good evening.

All: Good evening.

This time, we will not embark upon new issues, because we are lacking in some numbers this time.

Les: Yes, we are two short.

Therefore I believe it would be of benefit if we discuss your questions this time.

Les: Certainly. Right, who would like to start please?

Sallie: I'm not sure how to phrase this in the right way. We are not here to judge people, because we don't know what we've done before—I'll try and get to the point here. I'm talking about sexual perversions and I don't understand really why people do things like that. I'm just trying not to judge I suppose—I'm having problems with it.

Yes, when you find it difficult to withhold judgements, you are expressing that most physical trait, which holds you back from spiritual expression. I have spoken before about this and many subjects, which you

upon this planet find most difficult. If you will look back over my words, you will find that the explanation lies within the spiritual realms of your being. What is being sought is light, in those who retain darkness. We have discussed this matter before and rather than have lengthy discussions this time, may I suggest that you listen to my words, of past time? (See transcript 29/01/96)

Les: I can go through that with you afterwards Sallie.

Sallie: Thank you.

Les: The question arose when we queried why we had the paedophiles to contend with. Salumet explained then that it was their spiritual self seeking the light, which surrounded those children. He emphasised that the physical free will overcame the spiritual requirement and he also emphasised, the need for the spiritual to look after the physical and the physical to look after the spiritual, do you remember?

Sallie: So in some way that individual's spiritual side is not being listened to at that point in time. The physical side is actually being the stronger element?

Yes, they are allowing the physical element to take over. But always you must look upon these matters, from the spiritual aspect.

Sallie: The difference with my question was—I won't drag this out, but I wasn't thinking of people who go and rape little children, I can understand from what we discussed, about them being attracted to the light. I'm talking about individuals, who have sexual perversions with adults, which can be painful, or sickening—

Yes I understand what you say my dear friend. It comes down to one issue, that of physical self-gratification, without any thought or feeling for another human being. They will take what they feel to be their right, but spiritually they are wrong. Do you understand?

Sallie: Yes, so although I mustn't judge, because I don't know what I've done or whatever, I am right in feeling—not in judging, but the actual feeling of—or am I right in feeling that it's wrong, there is no right and wrong, is there? I've answered my own question now I think—

Les: There is right and wrong, there must be, otherwise one would not negate the other. But if I might suggest Sallie, you are still looking at things, too much on a physical plane, (*Yes.*) rather than spiritual.

This will always be a difficulty with you all, that still you do not *question* actions or thought, on spiritual levels. Whenever you doubt or question yourselves, place yourself into your own spiritual thinking, and then your answers should become more clear. Do you understand? But I feel the lady needs to be reminded of my past words.

Sallie: Yes thank you, I'll listen to them again.

Les: If I can remind you of something else Salumet said not too long ago Sallie, he asked us to give thoughts to those who are distressed here, and in their world, before we go to our rest. Now, I have remembered this a number of times, because recently we had that earthquake, which was ghastly in a physical sense, and I felt almost in tears about the poor children etc. etc. I had to prevent myself feeling that and tell myself that my responsibility is to send my thoughts to them, that they may be helped in whatever way is best for them, by those who are there to do so, not to distress myself physically, because I can do nothing but that.

And may I add to those wise words, also that in expressing *physical* distress, not only are you sending those thoughts into the ether, but they are being picked up by those already in distress. So can you see the problems that are created by these physical feelings?

Sallie: Yes.

Do not feel my dear friends, that as you sometimes say in your world, that you show hardness — that is not true, you are showing your true spirits, but denying the physical hold upon yourselves. Can you understand this? (General agreement)

Les: Not clear are you Sallie?

No she is not.

Les: May I suggest another one. What I do at night, is knowing that I physically am quite incapable of helping those people, as I am incapable of helping those recently lost in the mud-slides, floods and whatever — any natural disaster. I ask rather that those whose task it is to help those who are suffering,

may receive the power and inspiration to do what is necessary, for the ones they are serving physically. Do you follow?

Sallie: I do yes.

Les: I don't think any of us can do more than that. We are forgetting I think, and I'm guilty of it sometimes also, that the power of thought is not only a power for good, it is an ever-lasting ongoing power. And as Salumet said, thoughts go into the ether, and as he's said in the past also, there are those, whose duty it is — *(The rest is channelled by Les:) to direct those thoughts, where they are most beneficial, for those who are in need of that help. Is this clear to you now? (General agreement) You do not accept always, that thought is an ever-lasting, living power. You treat it like a page of words, to be examined and ingested, a little at a time, and the book then closed. Do you understand this? (General agreement) Thought is not one volume, thought is the complete and utter knowledge of the universe.*

Sallie: If my thoughts haven't been very kind about a particular person in that situation and I feel I've sent these thoughts out in a negative way, is there any way I can undo those thoughts, or should I just try harder to be more positive?

You have answered dear lady, you must be more positive in your thinking, in the spiritual sense, rather than the physical. Thought is ever-lasting, all-creating, all-pervading, and what you do not realise, all-knowing. You do not necessarily have to issue the correct words physically, for your thoughts to be understood, if your thoughts are directed in the right way, to those who may need the benefit of them. Do you understand that?

Sallie: Yes I was just wondering if there was any way, I mean by actually concentrating very hard to try and make your thoughts better, because you've sent out some thoughts, which aren't very kind. What I want to do is negate the nasty thought that I've sent out, *(Chuckle)* but I don't suppose I can do that that easily, can I?

You do not need to send nasty thoughts, that is the basic thing you must understand, there should be no nasty thoughts. Have you not been told in the past by our friend here, that if you cannot alter a condition, do not attempt to force an alteration, STEP BACK.

Sallie: Yes I think I've messed up a little bit. I was just trying to see if there was any way that I could undo it. But maybe it's just a lesson.

If it is not done in the first place, then there is no need to undo it, is there?

Sallie: Yes, I agree yes—

So I suggest dear lady that you attempt always to NOT put a nasty thought from you, or to judge. As you become accustomed to doing so, it will become much easier for you. Is there any further question you wish to ask on this matter, before I depart?

Sallie: No, I've got to think about it I think, thank you.

God bless you my dear, God bless you.

Sallie: Thank you.

Now, with apologies to the master, I will withdraw.

Les: Right any more questions for Salumet? Somebody must have one, I can't always monopolise the evenings.

George: Perhaps I could ask a question about the Earth entities, which was a recent teaching. Since then, I have reread the account of St. John's vision of the future, on the island of Patmos, in the book Revelation. I think he describes some of the Earth entities in that account. He talks of 24 elders, and 4 beasts and a number of angels. Would these be the same Earth entities that was part of your teaching?

I understand your words my dear friend. Have I not told you that on this earthly planet, there have been many masters of vision? I believe we discussed at great length, the subject of those who have what you term, fore-vision. And I will say to you only this: That in accordance with their visions of the time, they were open to much misinterpretations. They could only at their own time in existence, express their visions, in the terms of that particular time. What is at fault in this day and age of your planet, is that mankind sees himself, as the all-knowing, when in fact in many instances, he sees only what he wishes. But I will say this to you, it is of great matter to you I know, but I am puzzled why it should be so. Yes,

that vision *had* its parallel, with what you see today and what has been said. But remember always my dear friends, that much has been said in your world about those masters of vision, which has been fabricated, it has been used for their own ends. Do you see?

George: Yes, thank you.

Les: And it still happens George — listen to some of the church sermons, if they are not fabrications, what are?

But also much truth is given, but the problem I believe is in sorting out what is truth and what is fabrication; that is the difficulty in your world. But I hope my answer has been helpful to you.

George: Yes, thank you.

Les: Don't forget that the effort in those days, was to give descriptions, not necessarily of what he saw, or was aware of spiritually, but to give a description, which his illiterate followers could understand. (Yes.) So forget it, it's gone past, dead; it doesn't matter what he thought or said. You will never get to the essence of his spiritual knowledge, or desire to educate spiritually. How could he do it other than be parallels and parables?

Yes, may I say a few words to you all my dear friends? (Yes please.) What I would wish to say to you this time, much has been written of your future, much has been said of visions my master upon your Earth. I will say this to you, and I hope my words sink deep within your soul: What you should be thinking about my friends, is *this* moment in *time* — *THIS* moment in time. Why are you so interested in what is to come? Are you not wasting those precious moments, when you could be living *now*, not in past times, not in time to come, but in the *here* and *now*? That is where your best efforts should be concentrated. After all, your future as you call it is the result of today. Do you all understand this? (General agreement)

Les: George, may I go back on what you asked, I think it applies to us all at different times, or has done: What use is it for your spiritual development, is the constant questioning of the past?

George: Well it's just that I've always had an interest in the teachings of the masters and the visionaries of the past and it's been an interest and I've felt that there has been a reinforcement of the truth of the present, in some of those old teachings.

Les: Yes, but you have progressed beyond that or should have done, by attending this group. So why keep treading on the heels when you could be leading what they did? Is that a sensible statement?

George: Yes that is a sensible statement. I have been writing a book, which attempts to link the past, the present and the future and hence my interest in past statements, and being able to present a case involving knowledge from various times.

Les: Yes but you're still going back into the past. Why not let the future itself emphasise the past? It would be automatic. I can see your point and I don't wish to sound as though I'm criticising, I'm merely trying to understand why you spend so much time in the past, when you could well be concentrating more perhaps, on your possibility of automatic writing, which is more important.

George: Well I still assign time to that.

Les: But your mind is still full of the past, so those who are trying to use you George, are being blocked. Had that occurred to you?

George: Well no I don't think I accept that. I don't live in the past, I only have passing interests—

Les: How do you know it's not affecting your mind? You say you don't live in the past, all right I accept that, you live a daily life, but you obviously are spending a lot of time dwelling on the past mentally, when you could perhaps be giving more time in the silence, or to be asking for help in being used.

George: Well I do devote daily time to that.

May I speak please? (Yes please.) This is a hic-up of an educated gentleman, who seeks correlation between all times. There is nothing wrong with this, but what he does not fully realise, is that he needs no affirmation, of what has been given. What you must do my dear friend, is allow your own spiritual self to come forth, and then all information, past, present or deemed for the future, will take shape in your spiritual thoughts, in order that there is no *necessity* for the constant seeking. You must allow that inner knowledge, because each one of you has this knowledge within, if you will but allow it to come forward. Each one of you if I may say, knows within what has gone, what your present time should be

and what you should be seeking for in your future. You seek only the future, in order that you may grow, that you may grow *spiritually*. Again I have to say to you my dear friends, there is too much separation, between what we call spirit and the physical being. Your physical selves should become but a mirror, a part of that spirit, which should shine forth, as you grow in understanding. But in each of you, there lies the difficulty in understanding what I say to you. You must allow all physical interest, to be placed where they belong, and I know you will say to me that you are living physical lives. Yes of course, but WHY are you living these physical lives? Because your spirit has returned you to this planet, in order that the spirit may grow, that the consciousness may expand, and in this lifetime my dear friends, in order that each one of you, may in your own way, spread the truth, the ultimate Truth. *That* is the purpose of your lives and until you can place your physical beings where they belong, you will always have these difficulties. I am trying to help each one of you. I can only do so much, because again I have to say to you, that your freewill obstructs much that you can gain. Although we have taken great strides since we came together, there is so much still you do not grasp or understand. You *HAVE* to find yourselves, you *HAVE* to go within, you *HAVE* to know what is important in this lifetime. And I say to you, let us begin with dwelling on this moment *Here and Now*.

Les: If I might carry on Salumet for a moment, *(Yes.)* perhaps my own experience might help my friends. I don't talk a lot about what I do or think, but I went through these problems many years ago and I had to decide of course, as Salumet said, what is the difference, and how to separate the physical from the spiritual. It can't be done in a physical sense, so we come back to thought. Years ago, when I used to get all hot and bothered about things, and get the typewriter out and do a nasty letter to somebody about something I objected to on TV. Then I began to ask myself, will it make a difference? I came to the conclusion that my pitiful letter, amongst the many thousands I get, possibly taking an entirely different view was pointless. So I came back to the question of Thought. I am trying to usurp the powers of other people, who can direct those thoughts. Let me do so and so, when I pray, when I ask for help in this direction or that direction for somebody, that my thoughts be issued, that they should be helped by those who have the power, the knowledge and the ability to influence the thoughts of others, not by physical pen and paper, but by mental persuasion in some way or other, which is beyond my understanding, but which I accept can be done, if it is asked for in the right way and for the right purpose. Is that clear to everybody? *(General agreement)* And I would suggest that if you also instead of getting hot under the collar as you must do sometimes being physical beings; disregard that feeling and think well, what's the point, if it's not affecting the person, whoever it is those thoughts are directed against from me, it's only affecting me; it's negative thinking and that is denying my spiritual growth. So accept the fact that there are those with much more knowledge, much more ability and much more wish to do, what I wish to be done—so leave it to them. You don't put a car in a garage for an overhaul and then stand there telling the mechanic what to do, do you? — Unless you're a BF — Leave it to the man who knows, leave the application of the right thoughts, to those who surround us and who have the ability to take our thoughts, into the right direction, for the right purpose. Any comments on that or can you accept what I am trying to say? *(General agreement)* So disregard the physical and one's own physical desire to kick someone in the pants, it doesn't serve any purpose. Pass the responsibility, which you are entitled to do, to those who have far greater knowledge, far greater ability, to perform, what you wish to be performed. Follow? *(General agreement)*

George: Yes, reinforce *their* ability, with your good thoughts.

Les: Absolutely, you shouldn't have bad thoughts anyway, as was said to Sallie, if you don't have bad thoughts, they haven't got to be undone. So try and make sure — and it's not easy I know, but try and make sure that the thoughts are not bad. Right, any further questions for Salumet?

I think this time my dear friends, there are enough thoughts being studied. So I would say to you all, that I hope my words once again, bring to you time to think, time to come to know yourselves a little more. After all, it is only in so doing that you will realise that each one of you, each one of you at your own stage of development, also have your own thoughts, your own problems to think upon. But if you allow yourselves to come forward as I have told you, then none of your problems would exist. I would say

kindly to you my dear friends, that at times you truly make your own lives most difficult, by your thinking. So I will leave you once more, to ponder on what we have spoken about this time and know and understand, that as we continue, many things will become more clear, but only when you allow that spiritual self to shine forth. You are beacons my dear friends, it is time now for you to *shine* and allow others to see; not from your words, not from your actions even, but from that spiritual glow, which surrounds you all when your thoughts are in place. Know my friends I am close to you, and until such time as we come together once more, I say to you only this: Allow your thoughts to be of purest kind, hurt not another one of mankind, because they after all, no matter what their physical situation, belong to that same energy and as such, deserve the same kindness and caring that you would wish for yourselves.

Les: Thank you for those words and for the wisdom you have given us tonight. *(General thanks)* God be with you.

~8TH February 1999~

Good evening. *(General welcomes)*

This time, I will not speak many words, but will work with this one. But I wish to say to you this time, especially to you, my dear friend: There have been many around you, since last we met.

Les: Yes, I have been quite aware of them on a number of occasions, and I appreciate them being here. **Not only do they come close to you, but *you* have come to us many times.**

Les: Good, that's very nice to know, because I have been hoping that that has been happening **You know and understand that this is so.**

Les: Yes, I have been following what you asked some time ago. It is as I say, very pleasing to know that it is happening.

I will leave it with you this time. What I wish you all to know is next time we come together I will bring to you someone who will discuss more fully with you about colours and light. *(Good.)* This I promised to you some time ago, *(Yes you did.)* and we do feel that now the time is right. So be prepared next time, for someone of knowledge about, light, colour and vibrations.

Les: Good, because we know that that does have a very important impact on living here. None of us fully understand the benefits which we can get from it. I have been personally trying to absorb the gold and white during the silence that I've been having and I feel that it has been very, very beneficial to me.

Yes, well I know that your understanding will be greater when the explanation comes to you.

Les: Good, we'll look forward to that.

It was necessary that your understanding was more fully developed before we could bring this to you.

Les: Yes, we can accept that, because much as we wish to learn and much as we have learned, at times, they are still only words, ***(Yes.)*** which do not have the spiritual impact, from which we could benefit.

That is why there have been many repetitions of the same advice, because in the repetition, there comes knowledge or understanding.

Les: Yes, you're quite right.

But now I will say this to you, there is someone to speak with you through this other lady. I ask only that whilst I remain working with this instrument that there be no sudden outbursts of noise, please.

Les: Quite, yes we'll keep it all at one level.

Know always I am with you.

Les: Yes, thank you. *(Les becomes emotional/tearful at this point)* And I would like to thank those you are with my son, ***(Yes.)*** and his wife; I know they come in with them—they are on holiday locally at the moment, and I can't explain the feeling of the group which comes with them.

Yes, I know there is no need for explanations. Accept what is — accept what is.

Les: Oh yes, I shall—I do. It's a wonderful experience being aware of them coming in with my children.

This is your spiritual awareness reaching new heights. With it, with the spiritual awareness comes the human frailty of emotion — but accept what comes to you.

Les: I do and I am extremely grateful for it.

We know and that is why your consciousness has raised so much in the past few of your years. Know and accept what comes and what is to come.

Les: Yes, I accept it very, very gratefully.

It is hard for you humans to know and understand that spiritual light which is around and about you at all times. In the darkest of your moments, there is light. In the joyous moments, there is light, and I hope, next time, to bring to you a little more of the understanding, which will help you to understand the words you have uttered to me now.

Les: Yes, thank you very much indeed. God Bless you.

There then followed on through Sue, giving information about tapestries in the spirit realm:

Good evening (General welcomes)

It is a great honour that I come and sit with you. I hope you will be happy with what I say to you.

Les: I'm sure we shall be.

Please forgive me if I am a little hesitant to begin with, because it has been some considerable time since I have worked in this way.

Les: Is that so? We are very happy that you should have decided to do it for our benefit again.

I think we are becoming compatible this time now, the lady and myself. Yes, I feel that we are bonded — this one and myself. Have you ever been told about the life tapestry? Has anyone ever been here and told you about the workings of myself and my ladies?

Les: No I don't recall it. We have had people in the past telling us that they were making tapestries, but they were doing so as a communal effort, in order for them to be displayed elsewhere. But we have never had any in depth teaching on what you do.

I have not come to teach this time, but if you and your friends are interested I can tell you a little of what we do, but it is not teaching in the manner which you know. Let me begin by saying that since Creation there has been what you would call a scroll depicting everything that happens in all the different spheres of life. You understand what I say to you.

Les: Yes, are you speaking about just this planet at the moment?

For myself, yes, but I am sure you are aware that whatever myself and my ladies do, is mirrored in different parts of the cosmos.

Les: I'm sure it would be.

Since Creation, every aspect of Creation if you will—let me say that it is not quite the right word but it will suffice. Every aspect of Creation has been noted and there has been someone to write down everything — I believe you are aware of that — you know of the books of knowledge, you have heard of this before?

Les: Yes we have.

There is also the life in picture form, can you understand this?

Les: Yes — one picture can be much more evidential than many hundreds of words.

You are quite correct in that. I can only say to you that there are many, many people involved in the tapestry life. It is their chosen work, you understand? (Yes.) Some people will work on it for many, many of your years, others for a short period of time, as a learning process. They may work on part of life that they have been unaware of up until now, do you follow? (Yes —) Therefore they are learning about times past that they have had no knowledge of.

Les: Yes, I understand.

Some work in groups, others alone —it is difficult to explain to you, because your knowledge is not quite sufficient to understand how they put the life onto what you would call a canvass.

Les: Yes, am I right in thinking that although you call it 'writing,' it is not physical writing as we understand it. They are transposing words from thoughts of themselves and thoughts they are receiving and those are being transposed unto the tapestry, without the need for physical writing.

You are partly correct, but I must say to you that the word 'writing' is not correct. The writing is done in the mighty tomes of knowledge — the tapestry is as you would know a tapestry on this Earth, it is picture form, not words.

Les: Yes quite, but it is formed by thought.

Indeed, yes I am sorry, it is formed by thought, you are quite correct.

Les: And your various ladies have responsibility for the correct thoughts being positioned onto the tapestry.

That is so. We can go back to the start of civilisation as you know it and it is all there for anyone to see. And it changes — I cannot explain fully, but imagine we are working on a period where there have been great wars, you understand?

Les: Yes, we understand.

The start of the tapestry for this time may be done in darker shades of colour — by that I do not mean 'dark' colours you must understand, I am talking about a darker shade of a bright colour. But as the person who is working on that particular 'scene' — I use the word to make things easier for you — as their knowledge of that time becomes greater and their awareness and their understanding—then the colours that they are working on brighten and lift, as does the knowledge of the person working on that piece. It is a continual round of understanding and knowledge which brings happiness. We have people who work on the tapestry who come from a darker plane, you understand — they have come into the light and they work on the tapestry; possibly they are working on a time that they were physically involved in on this Earth. And we all know that if it was a dark and terrible time or they were doing dark deeds, then they have to go through a process of reconciliation — you know of this I am sure.

Les: Yes we do.

They would start to work upon this tapestry and the colours would be darker.

Les: Because the whole period was darker and all the thoughts were darker.

Although of course after having come into the light, their thoughts would be lighter and less traumatic, but still they would work in darker colours. And then as their understanding and their understanding of forgiveness goes into the mind, then they see as they are working, the brighter colours shining forth, and like an aura surrounding them. Can you begin to imagine a little of what I'm saying?

Les: Yes I think we can all imagine a little of what the work is, that is being done. Now we come to a question. What happens to the tapestries when they are completed? There is never completion I know, but each portion of the tapestry is devoted to a certain aspect of living here. So what happens to the finished article?

It is never finished as you mean — finished and perhaps hung for those people to look at. Past and present and future I know you know are like—intermingled. Therefore there is always a changing pattern. But I understand your meaning when you say finished. It is taken into the halls of higher knowledge and people, who wish to continue with their spiritual education, go there and watch as the tapestry changes before their eyes.

Les: I see. And who is responsible for those changes occurring, your ladies?

My ladies are also those who go to look. As greater knowledge comes to them, they see the changes occurring. Some people may go to the tapestries to a certain time that they wish to have more knowledge of and nothing alters. Nothing changes, they can be withered, they can sit and meditate and look at the beautiful workings and the picture stays the same. They can move on to another time and as they arrive and look at this tapestry, there will be an alteration, because they have understood what they were looking at. It is a complex and complicated thing to try to tell you, but believe me when I say it is a most wonderful form of education.

Les: I'm sure it must be. And are the tapestries available for anybody who wishes to see them?

Nothing is hidden to anyone who wishes to see; and by that I do not mean 'look,' I mean wishes to 'see.' There is a difference, do you understand?

Les: Yes, quite! Yes I do.

Looking and seeing are two very different aspects.

Les: Yes, looking is merely a superficial acknowledgement of what is there.

You can look at a painting in a gallery and you can appreciate it. But you can see a painting in a gallery and you can see and you can feel the presence and the soul of the artist, would you not agree with me?

Les: Yes you are quite right, I would agree completely. Right, I'm going to ask my colleagues if any of them would like to ask a question on this? (Pause) No?

I cannot believe that I have been so succinct that everyone understands what I have said. (Chuckles)

Goodness me I am quite proud of myself. I apologise for the humour, but I cannot expect you to understand fully the workings of the tapestry makers. It is something that cannot be fully explained in physical terms.

Les: No, we do understand that.

I will perhaps confuse you a little further, by saying that those that 'see' the tapestry can 'enter' the tapestry. Can you understand a little of what I am saying here?

Les: Yes it is a process of their wishful thinking, to become incorporated into the thoughts which have already been incorporated into the tapestry.

Indeed, they can become part of that particular time, especially if they wish to understand something that escaped their knowledge at a previous time. They can learn from it by seeing what has always been there. We all know that we miss things, do we not? There is a saying I believe on your plane: 'It is as plane as the nose on your face,' am I not right?

Les: Yes, you're quite right.

But it is not always easy to see what is in front of you.

Les: No, because we are trying to see with a physical brain, whereas those who are fortunately enough to be there to see the tapestry are approaching it with a spiritual mind.

Yes they are, but of course there are some that still have a small part of the physical mind and until they can see, see what is in front of them, they cannot lose that last vestige of the physical life, you understand?

Les: Yes, we understand that.

I am sure you — I know you have worked in 'rescue' and you have spent many, many hundreds of hours explaining this to poor souls, have you not?

Les: Yes we have indeed.

So you will understand, if there is a tiny part of the physical mind that needs to be gently pushed away.

Les: Yes, that leads me to another question I was going to ask. If they go into a *time* in the tapestry, which was very traumatic for them — say a great war — would they not feel those conditions again, by being involved in the tapestry?

If it was their desire to feel it, if it was necessary for them as a learning process — but it is not traumatic for them in that respect, it is — how would you call it? There is a word, 'déjà vu,' yes? It is opposite to déjà vu.

Les: They would be sheltered from the trauma whilst they were learning?

Indeed. My ladies are there to shelter and protect. I have many, many ladies from many orders, who spend all of their time in this work. I cannot tell you what rewarding feelings we have when we do this. And let me say the tapestry is always moving and changing for those that can see it. It is something that ***I hope in time you will be able to appreciate yourselves. I will be honoured to welcome you all and explain fully the workings of the life tapestry. But jokingly I say to you, I don't wish to see any of you for some time.***

Les: No, we understand. (Chuckles)

I am too busy you see, far too busy. You will have to wait until it is your turn.

Les: Yes, and I think I would be right in saying— you say the tapestry is moving all the time — well of course it is a thought of Creation, isn't it?

Exactly.

Les: Or a creation of thought, I should have said. It is not the formation of a tapestry by needle and thread, as we understand it.

My goodness, wouldn't it take a long time—

Les: I wanted to make that clear for my colleagues.

I know, sorry I should have explained that at the beginning. You're not using needle and thread, it is —

Les: — the creation of the combined thought of all your ladies —

— coming through unto — I use the word 'canvass,' but you understand it is not as you would say a canvass.

Les: But it must be focussed for our benefit, otherwise we would not be able to observe what is there. ***(Of course.)*** So the canvass is merely a focal point for the thoughts that have created the pattern, which constitutes the learning that we have to accept.

Indeed. I will say to you the one factor on each part of the tapestry is Love. In dark times there is always Love and when you see the tapestry, Love is the first thing that comes towards you, you understand?

Les: Yes, it is not a tangible thing, but those who are examining the work, feel an involvement with the Love that has permeated the work which they are examining.

Indeed. The tapestry here is also here, can you understand that? Behind and to the side and up above—

Les: Yes, we don't actually look at it, we enter it, enter the radiations of it.

Indeed, and that is how the knowledge comes to those that wish it. They Live that part of the tapestry — they live it, they breathe it for as long as they wish it. And then when they have absorbed everything that they wish then the tapestry subsides. And then if they so wish, in time they can go on to the next part and the next and the next.

Les: It is something we shall look forward to.

It is quite amazing, even though I do say so myself on behalf of my ladies. I say one last thing to you: If in your quite times you project your thoughts towards myself and my ladies, I will endeavour to into your minds a picture of what you may see in time to come.

Les: Good, that would be very interesting for all of us.

I give you a name if you would like, so that you may call upon me in your quite times.

Les: Yes please do that.

My name is Sister Beatrice Mary, but please do not hesitate if you wish to call me, call me Sister B. I find Sister Beatrice Mary a little bit of a mouthful.

Les: Right, we'll call you Sister B.

That will be most pleasant and just call upon all of my ladies and they will hear you, just call for Sister B's ladies and they will hear you.

Les: We shall certainly practice that in the silence, won't we? *(General agreement)* Thank you very, very much for your description and explanation.

I am most proud to have been able to come to you this time. I hope that one day I may return and perhaps explain a little more about our wonderful tapestry.

Les: Yes, we would be very pleased —

We work in conjunction with the 'Book Writers,' you understand. (Yes.) No one has a separate job, everything as I'm sure you are aware, is intermingled and is all part of Creation.

Les: Yes, it's all interwoven. Just for the benefit of those whose ability to understand one particular thing, can be catered for. I think I would be correct in saying that some who wish for knowledge, would prefer to have it from a book as such in their thinking, while others can penetrate the tapestry as you have said. And yet others go to other halls, where they are much happier with the spoken word.

Of course, it would be strange if all our spirits were the same, would it not?

Les: it would be very awkward and very boring I should think.

And wouldn't there be some long queues?

Les: There would indeed.

You are quite right, not everyone would benefit from the tapestry, any more than they would benefit from pouring over the books. It is as you say, each to their own particular ideal.

Les: Quite — and to the development of their spiritual awareness.

Of course. Not everyone wishes to develop at the same pace. We all know that some can go quickly through, others return time and time again — others stay in the same place absorbing knowledge for eons of time. Everyone works to their own abilities and desires. It is the same in all spheres of life and spirit and cosmos.

Les: Of course, it must be.

I leave you know. I hope I have given food for thought.

Les: You certainly have.

And I say once more, how proud I am to have come here this time.

Les: That's very kind of you Sister B. We feel very privileged to have had you with us. Isn't that right my friends? (General affirmations + thanks)

I send you all much love and I will endeavour to show you all a little as soon as you ask me to. I bid you farewell for this time. (General farewells + thanks)

There then followed one through Eileen requesting us to sit in complete darkness and focus on the centre of the room. We sat for about 10 minutes as instructed until the one through Eileen returned. We then tried to describe what we had seen with our spiritual eyes. Sitters described what they had seen in various ways, such as lights like little fireflies — sparks of gold + movement, crystal patterns, yellow circular patterns, kaleidoscopic repeating patterns, fluorescent mists, energy balls, swirling lights — Les suggested afterwards that they were trying to show materialisation.

~15th February 1999~

No Salumet this time, but other communications occurred, the first of which came through Eileen, briefly explaining that conditions were not right this time for one who wished to speak to us about light and colour. One then followed through Sue:

Good evening.

All: Good evening.

I cannot stay long. I was not expecting to come to speak to you.

Les: We thank you for coming at short notice.

I am what you would call the understudy this time, am I not?

Les: Well I wouldn't say that. You are an alternative speaker.

This work is not particular common to me. I may be hesitant when I speak to you.

Les: Don't worry about that. What type of work do you usually do?

As little as possible! (Chuckles) No, I joke but I am not what you would call, one of the worker bees. I suppose in our own ways, we all work, do we not? But I have no specific function in the work that you are aware of. I do speak to those in my world, and I think about experiences in the physical — the small groups, who I am told need some physical awareness, do you understand my meaning?

Les: Yes, they still hang onto the physical requirements.

Indeed, that fortunately was not a problem of mine, I was only too pleased to shrug off the overcoat, in fact I think I ran to the new life, at quite a gallop. But I am sure you are aware through previous work that you have done, that there are other souls, who find it more difficult to accept the new life.

Les: Yes you are quite right, there are many.

So we have some little groups and I sit with them and we discuss past life. And I ask them what was so special about their lives, that they must keep going back and back and thinking about it, you understand?

Les: Yes I do understand — they are reluctant to let go of it, aren't they?

Most certainly some are. I do have a few failures, but not many and I'm sure you have had a few failures in the past.

Les: Yes I'm sure we have.

But it is most rewarding is it not, when one looks at you and says, 'Goodness me you are right!' (Yes—) Of course I am right — always, always right.

Les: Yes, this is the one occasion where you're not right, isn't it, saying that you are *always* right?

Oh that is just a little deep, is it not, but I do understand your meaning (Chuckles) and yes, truth to tell, it is a failing of mine. But don't you sometimes find you could shake them?

Les: Yes I do, well I have done in the past, since then I've learned that it doesn't matter; we can only teach, whether they accept the teaching is entirely up to them. It shouldn't reflect on our ability to teach others.

I do not use the word 'teacher,' in my work, because I feel I do not teach I 'listen.' Perhaps it is a form of teaching, I don't know.

Les: But you must answer also sometimes?

Well we do have discussions and I give them the benefit of my knowledge, which in some respects is great and in others, is non-existent, but we are all like that, are we not?

Les: Of course we are, we can only pass on the extent of our knowledge, at that particular point. In addition to passing on that knowledge, or teaching as we call it here, we also have to learn, in order to undertake further teaching.

Indeed, and don't you find it is like a wheel going round. I have a success in one of my groups and then they are so overwhelmed at the light that comes in through their minds, that they go and speak to someone else. And that is how it goes on.

Les: Of course it does, passing on the knowledge from one to the other.

That is why I say I do as little as possible, because I feel it can be continued without me.

Les: Yes, but still you must be there to begin it.

I have that privilege yes, and although I make a jest and say that I am perfect, of course no one is. But it brings a little lightness sometimes to a dark discussion.

Les: Yes of course it does.

We have a group at present, that I am on the fringe of, because I feel it is a little beyond my capabilities. We have people who are clinging to an old regime, an old regime of fear. They caused fear and feel that they are still in control. And of course we now have to rid them of that.

Les: Of course you do and it can be quite difficult, can't it.

We cannot have the rule of fear, it is not acceptable, it is not permissible, and it is not good.

Les: And it is not going to be permitted.

Absolutely forbidden, excuse me for using such a word, it is forbidden, but my knowledge is not sufficient for me to be able to take control of this group. I am on the edge, I am there to take someone, should they see the light and guide them onto a different path. But I cannot as yet, take control of that group.

Les: No, but you're learning all the time.

Indeed and believe you me, it is quite an eye-opener at times.

Les: I'm sure it must be.

I don't think anyone is fully aware, of how fear can rule a person's life.

Les: Well the master who teaches us here, has emphasised that point, that we are our own worst enemies, by accepting fear into our lives and our thoughts.

But when people rule by fear that has got to be stamped out.

Les: Oh yes of course. Unfortunately there is too much of it in this world today.

It is a problem, a large problem, which I will say to you, has caused much concern in our realms. But we believe and when I say 'we,' I mean a much higher deity than myself, believe that there is a light at the end of a very long tunnel.

Les: Yes and one has to keep trying to ensure that they do approach that light.

Indeed, but in my lifetime, I have seen much that has pained me, and at the time I believe there was nothing that could be done, to rectify the situation. But as we all know, Love can conquer all things.

Les: Yes, that's absolutely true.

Love, the most important emotion, in all, ALL aspects of life.

Les: Absolutely right.

I had much guilt when I came into the golden realms. I could not wait as I said, to arrive. But I had much guilt, that I did not do enough to combat fear and I believe that is why I am involved now, in this particular group. It has helped me to see, that it is not always possible for one person, ONE person, to make a difference. But ONE person's love, can start a chain, can it not? (Yes.) It can start a chain of help, yes it can. So I say to all of you, never think I am not good enough, I cannot do this alone. You perhaps cannot do it alone, but you are the start, or the middle, or the end of a chain, that can and does make a difference.

Les: Yes we believe that fully. Good, well we wish you every success in your activities with your group.
I would ask please that if we require your help at your next meeting, could we please bring someone that requires a little more than we are able to give, on our side of life. (Yes of course—) I do not mean your next meeting with these wonderful people here, but you have another group I believe?

Les: That's right, and they are quite welcome to come to that group.

Thank you that's what we were hoping for.

Les: Yes, we shall be pleased to have them and deal with them.

So, if you are willing, then I may return with them, at your next meeting —

Les: Yes please do.

Have I been succinct in my speaking — I am not used to coming into these realms?

Les: Oh yes, I think everybody has understood you completely, haven't they? (General agreement)

I feel a little strange and my voice is nothing like I remember it to be.

Les: No, you are using an instrument, of course.

And of course, vocal is not used to any degree in our realms. But if I have been clear and succinct, as I used to be whilst on this Earth, then I am pleased that I have been able to come.

Les: Yes you have.

I did not wish to waste valuable time in mumblings, it would not be fair to you all, who give up your time, to come to these meetings.

Les: No, it's been quite clearly understood, thank you.

I will leave now and return to my people and will tell them that you are willing for them to bring one or possibly two persons, for help if required.

Les: Yes please do that, we shall be very happy to meet them.

I look forward to returning to you, so we can continue perhaps after you have helped and I can tell you a little more, if you are interested?

Les: I'm sure our other people, would be very interested.

But please do tell me, if you are unable to understand my diction.

Les: No, we understand you very clearly.

I am pleased, I wish you good evening and thank you so much, for all you have done in all I know you do — and please forgive me for being, how can I say, a little self-centred and egotistical. It is only my way of breaking the ice.

Les: Thank you very much indeed, we do understand, goodbye to you and God bless you.

There then followed another also through Sue of a much lighter note, talking about working with children in the spirit realm, teaching them and taking them to see the wonderful nature and animals, in what she called the 'new world.' She was joined briefly by one of the children through Eileen, who gently said to her teacher that it was sometimes the children who taught the teachers. They were lovely gentle characters who helped to end the meeting on a light-hearted note.

~1st March 1999 Les, Lilian + Eileen~

Due to Les's health problems, several meetings were cancelled over the next few weeks and Les made an extremely difficult decision that his health was getting to the point where it was time for him to move

nearer to his family. His son lived on the coast and it was hoped that as well as providing support, the sea air would do him good. In the weeks that followed, preparations were made in readiness for the move. In the interim, Les, Eileen and Lilian met and were surprised when Salumet came through. The recorder needed to be quickly switched on, which is why the usual greetings are missing:

Firstly, let me reassure you that the work will continue, if all those who come together are so willing. I have to tell you my dear friend that the commitment from our side continues.

Les: Good, I'm very pleased to know that.

There have been many doubts amongst you, but let me say this especially to the lady: Do not fear for yourself or anyone within your group, because I remain with you. I shall continue to help this one I use, in order that knowledge may continue — if people come and go as I said from the beginning, that there would be many who come and go. What I would like you to understand my friend — I told you before that there was much to be learned this coming year — those plans will not change. What I wish to say is this: I said there would be many things to learn, much new philosophy, and that will be. But may I say this to you, that the changes around you at this present time are one of teaching. You may be unaware of this, but let me tell you that you have by your own decision, taught the others the strength of freewill. All were not aware of the power of change which can be created by the use of that freewill — now they understand. You my friend, I bring to you a little guidance, if I may.

Les: Yes please.

You know I do not come to tell of your futures — you know this has never been my way.

Les: I do indeed.

But because of your great dedication over many of your earthly years, I will tell you just a little.

Les: That's very kind of you.

Life's decisions are not always easy, as you fully understand. But sometimes these life changes are created for the soul's growth, although you tend I suppose, to feel that they are for physical reasons only. Let me tell you my dear friend, your own freewill has created for you the pathway which was meant to be. So let me say to you, you must dispel any doubts that you harbour, because you have been. But let me say this to you: Your work for us has not finished.

Les: Thank you very much indeed. My tiredness, my physical tiredness has caused me to have doubts I agree, **(Yes.)** but I have been hoping that I shall be allowed to continue the work in the new place.

We are working for the opportunities to be presented to you.

Les: Thank you very much indeed.

All I ask of you my dear friend is that you recognised the opportunities when they come and again I cannot deny your freewill, please do take them up.

Salumet then gave a little guidance concerning Les's family, which has not been included.

— You know you are surrounded by many in our world. You were told earlier that many ladies surround you and *still* they surround you, until such time as you feel more upliftment.

Les: Yes, it has been a very traumatic time for me of course, lacking physical sleep and so on, I have got despondent I admit. **(Yes.)** Though I have tried to keep in mind that my friends in your world *are* with me the whole time — but it is difficult sometimes to deal with it.

I will help you in your sleep time when I leave you this time. *(Thank you.)* You must try to keep upliftment — you must for the sake of your spiritual growth.

Les: Yes, now that you have spoken to me tonight, I can do that, I know.

It will start from now, you should feel upliftment move through you.

Les: Thank you, yes you have given me wonderful hope and encouragement in what you have told me this time and I am truly, truly grateful; it will enable me to face each day as it comes, secure in the knowledge that I still have work to do and that I wish to do.

Remember to give out the thoughts to those who surround you, in order that they might enable you to feel uplifted in times of doubt. Know also that knowledge such as yours cannot be wasted; in uttering just a few words can change the pathway of another's life.

Les: Well you have given me great happiness Salumet my very, very dear friend and I do thank you for it.

Yes, I wish you to know that I will always *stay* with you, until such times as you join our world.

Les: Thank you, that's very, very nice to know.

Lilian: Lovely, isn't it—

Les: It does give me encouragement and I look forward to going to my relatives, because of the love there and because it will give me a holiday from the work in some part, because I love the sea and I shall be near the sea.

Yes, and that is upliftment in itself.

Les: Yes, I was hoping that I might be able to spend some time like that and enjoying it and now I can keep that in mind that I shall be doing so and I can't tell you how grateful I am that you have broken the rule not to tell the future.

I could not allow these meetings to end without coming forward to speak to you. I have not been with you for some little time, because of the changes taking place, but I do feel it necessary my dear friend, that you know and understand that this contact, which I told you when first I came, took much time for it to happen that I come to you. (Yes —) That contact will never be broken.

Les: Thank you, I do thank you in my thoughts every night for being with me and for the help you give; I do hope you get those thoughts.

I know all of your thoughts my friends, it is the one great lesson that I have tried to teach you all. There has to be adjustments — I direct myself now to the lady and say there will be change, but there is no reason why we should not continue our long-standing friendship, in order that I continue to bring you more teaching and information.

Lilian: Thank you very much.

If you have just one iota of the command of this gentleman, then all will be well. There has to be some changes this time, because of the power, but I will say this to you, that as time continues, my control of this one becomes much easier.

Les: You will be able to use her in the future then, in other places?

I will continue to work with her, I will not say that it will always be easy, but we can make adjustments.

Les: Thank you, because I'm very, very happy to hear that, because I know she has such love for you as we all do, and she will be so happy to know that you are going to continue to work with her as your instrument.

Yes, as I have said to you my dear friends, once the contact is made, it is not so easily broken. If there is love and dedication and willingness to grow, then always from our world there will be people to help.

Les: Good, that makes us both very happy to hear that.

Your teachings my dear friend will live after you, as do all of the best teachings in your world. Know as you go about your living that the many you have given knowledge to, go forward in their own knowledge to spread what they know. You cannot but see how much you have given, over your years of dedication to us and how they in their turn, have spread the word of truth.

Les: That's very, very happy for me to know. I'm so glad that it has been so, because I regard it as a privilege to work with you and to pass on the knowledge that you have given.

May I say from all of us who come to you, not only to you my friend, but to all of our dedicated workers, how privileged we feel; it is not one-sided, without you we could not do our work. So I take this opportunity to say thank you to you, but I will not say goodbye, (No, don't.) because as I have said to you, there is work for you still. It may not be quite what you have been doing, but whilst you have words, there will be much teaching.

Les: Good, that does encourage me enormously, because I was worried about my health deteriorating to the state where I couldn't do it, but I know that it was planned that I should move to my family.

Yes, you are continuing on your life's pathway my dear friend. (Good.) Do not feel that by making this choice, because of your health — I would rather say to you, your health has helped you to make the right life choice.

Les: Yes I believe you, because I would not have chosen had my health not deteriorated.

No, this is sometimes what happens, that because of the physical condition the soul becomes rather set in its ways and finds difficulty in going forward. Do you understand what I say?

Les: Yes I do indeed — I can cope with the physical, so as I know I'm going to continue with the spiritual work.

Yes, remember that no matter what life brings to you physically, it is the spiritual growth which counts most. There is much for you my dear friend, much, much.

Les: Good, well I shall certainly sleep a lot happier tonight knowing that.

Remember I will be with you. (Good.) You may find whenever I am close to you, you may find that your dream state is much more vivid, because you now and have been told that you join us in our world much more regularly now.

Les: Yes you have told me that and that pleases me greatly.

Yes, but if you allow the physical tiredness and the moments of doubts, then it will prevent this wonderful souls growth taking place.

Les: I won't allow the physical doubts to interfere. Now that you have spoken to me, it's given me great comfort and I can look forward now to you future.

That is my hope for you my dear friends and I know the lady will inform the others that our work will continue, if not perhaps straight away, but in time, when I have made arrangements and slight changes, in order to work more easily with this one.

Les: Yes, I shall let the others know.

After all my dear friend —and we were aware of much speech amongst you. We know that it has been your doing in bringing so many together over the time that I have been allowed to come. Therefore before I leave you my dear friend, I will say once more, 'thank you' for allowing me to continue upon my pathway.

Les: Yes we appreciate your thanks, but there is so much love between us, that they are not necessary as you tell us. We are so happy to have been able to work together and now I look forward to the future again.

Because my dear friend, I can tell you that when the time comes to join us, you will be able to look over your lifetime, without too many regrets.

Les: Thank you.

You noticed I did not say 'any' regrets, but not many.

Les: Well I cannot tell you how much I appreciate what you've told me and I will try now to dispel *all* the physical doubts.

We understand — we know that you human beings are liable to these things. We understand that what we try to achieve is that at least you feel the upliftment from us at times—

Les: Yes I do feel it — thank you again and God bless you and I look forward to speaking with you again sometime somewhere.

With your permission, I will speak with you again and I will next time, give some advice to the lady.

Lilian: Thank you very much, I could do with some.

General farewells

One then followed through Eileen — an old friend Sister Veronica through with a brief message that tonight when he was in bed, he may feel warmth around his chest.

~8th March 1999~

The second of two meetings involving just Salumet, Les, Lilian and Eileen:

Les: Good evening to you.

I wish to say to you this time, thank you for allowing me to join you once more.

Les: It's a great pleasure to have you on these occasions.

We are making adjustments, which are necessary this time. (Thank you.) I promised to speak with the lady (Lilian) and say some words to her. All around is change, not only for the people within this room,

but also coming to you. Many thoughts have been going through your mind, especially of late, I think you would say. Let me say this to you, that the one who concerns you most, although this one has expressed many wishes to join our side of life. Her fear keeps her on this earthly plane. I think that you do not fully understand and I include you too, my dear friend, that when the time comes for each one of you to come to our side of life, so often we hear that when your time is here, then nothing can prevent it. (Yes.) Can I say to you my friends this: As there can be adjustments in the time of the birth of each soul upon the many planets, so too can there be an area, a timing to come to us—not one single moment. You are guided as always by your thoughts and your freewill, which can keep you here longer than you need be. Do you understand?

Lilian: Yes I do.

So you see, the desire is not quite true within her — her fear holds her back. We understand that you speak a little with her, but her understanding still is vague.

Lilian: Yes, it's difficult sometimes — I want to say so much, but I realise it's pointless in some cases.

No, that is why I come to speak with you this time. Nothing is ever useless. You will be given the time when your words will be helpful, even if they are — how shall I say, unacceptable at that time. Her fear is holding her back from joining us. So I want to say to you this my dear friend: You must not take aboard yourself, of all of her fears and worries. What we need and would desire of you is that you continue to place those loving thoughts with her and give to her the knowledge you have attained over these past times. There is not one second of time that is given to your passing — remember what I have told you, that your thoughts are all-powerful; they are the most powerful thing you will ever possess.

Lilian: So if I continue to ask for help for her that will help—

Yes, it will help to dispel those innermost fears that she is feeling. It will help her transition to this life, to be made more easily.

Lilian: Thank you for those words.

But we say once more to you, you must to take aboard yourself her fears.

Lilian: I'll try.

We know it is difficult when human beings are close, but always you must remain true — always to yourself and to your own thinking.

Lilian: I think the most difficult thing is seeing the body wearing out and seeing the things she can no longer do.

Yes, this disturbing to most human beings. We see so often the desire to remain whole, but after all, again we must return to accepting what you have yourselves created and what you have taken aboard in this lifetime. Again I know these words seem harsh to you human beings, but you must always accept that you are responsible for your lives while on this planet; not only the life you have lived, but what have brought with you. do you understand my friends?

Lilian: Yes, I do.

It is difficult we know, but if you will look at all of these things on a spiritual aspect, then you should see that there comes to you some understanding of life. I know I repeat these words so often, but it is necessary you remind you. And I do not say this unkindly, but it would seem that you human beings need to be reminded so often of what is innate within you. Do you know and understand. (General agreement) You each have the knowledge within you, but sometimes it is easier for the positive self to deny what you know, because not only is it the positive self, but the negative side of yourselves, which you must acknowledge. Do you understand? (General agreement) And you see, the negative part of your being is the part of you that has to be worked upon, whilst on this planet. That is why have always said to you, you must never judge another, because in judging, you are failing to acknowledge that the fault lies within yourselves.

Lilian: Yes, I can see that quite a bit.

Les: And what we forget too, is that if we concentrate too much on the negative, the negative paradoxically becomes the positive.

Of course, always you are positive and negative, that is the make-up of the human being and you have to fully acknowledge that these two aspects of the soul exist in this one living time. I know it is difficult, that is why it is so necessary for us to repeat the same words to you, over and over again.

Les: I've become very conscious of that the last 10 days or so with this move that's going on. If I've begun to have doubts and I've just pushed them aside — but no — if it's true it can work — it may not be quite, but it is going to happen. I still keep thinking positively about it.

That is what you must do and that is what the lady with respect must do with her dealings with her loved one. You are the one with the strength to survive these conditions. She is fearful and must be given your support.

Les: I would suggest that perhaps when she next says '*I wish I could go,*' you could say to her, well why do you worry so much about going? (*Yes.*) Or why are you fearful of it, if you want to go? (*Yes.*) Bring the subject up.

Lilian: Yes, I do actually try talking to her about what we've learned here quite a bit.

Les: Yes but you've got to overcome that little doubt as to whether you *should* talk to her. She's got to do in positively I think Salumet, hasn't she?

Yes, she must exude the positive attitude—the all-knowing that she has, because she can tell if you too have reservations. She is quite astute in her perceptions that one. (*Oh Yes.*) So when you speak, you must speak with a firmness of knowledge. Don't worry she will take aboard much that is being said to her.

Lilian: Anything that will ease her into spirit world when her time comes.

Her time can be now if she so desires — that is what I am trying to tell you, that her fears hold her from joining us. That is why I say to you, there is time given to the passing of each soul, as there is time given to the birth process. Do you see? (*Yes.*) I am sure you have experienced in your time on this planet, when people have been told they have died and return. Why do you think this happens? It is the power of their will which returns them. Can you understand and accept this? (*Yes—*) There is a time-span of course and your lives are mapped as you know, but there is not one definite moment for all people. Do you understand?

Lilian: Yes I do understand — you've certainly given me food for thought.

That is why people with spiritual knowledge, who truly, truly understand the ways of spirit, know that when the desire to leave this planet — when that time is here, they can go by their own freewill.

Les: There was a case recently in North Delhi. He lived to be 100, died about 10 days after it and it came out that he was very desirous of having the queen's 100th birthday telegram. (*Yes.*) Now, until that happened you see, he was hanging on.

And in the same way people can do the same, when the soul desires to be born into a human being. The time must be right and it is the desire and the knowledge of the soul, which creates this situation. I believe we have experience of it within this group recently, when we had a new soul join with one of the group and they were disappointed to know that the sex of the child was not what was given. But you see, the soul decided that the time was not right for that birth to take place. You cannot have situations so set — this is the difficulty that I feel you human beings have, that you want everything to be as you say, in *black or white*. (*General agreement*)

Les: Yes, I know I've been having similar thoughts myself, with this problem of health. (*Yes.*) And I thought well, I can't go until I've finished this move, because of the children; it would be too much of a traumatic business for them to take over, if I die — so I must hang on — I don't say I'm going to die when I get there, but I don't expect to go over until this is all settled.

And you will not come to us my dear friend, until the rest of your work is completed. (*Thank you.*) So you although have given time to these thoughts, you know deep within your heart that the time is not now.

Les: That's right, you're absolutely right, I do know — I still have more to do.

Yes, therefore you have been '*encouraged*' if I may use that word my dear friend, from our side of life that you must continue, however disagreeable your physical conditions may be. (*Yes.*) You deep within your heart know that there is more to do.

Les: Yes I'm quite happy to carry on until I know it's time to come to you. *(Pause)*

Lilian: I was just thinking, how did we cope before Salumet started coming to talk to us?

Les: We had a fair old lot to learn, didn't we? *(Chuckles)*

Lilian: Yes!

Les: I shall be eternally grateful to him.

Lilian: There are no words, are there?

I am the one who must be grateful to all of you, in allowing me your time, your listening and your understanding. But as I have said to you, there must be much repetition of words, for understanding to grow within you, *(Yes—)* because I know and understand that much that I have brought to you in new to your thinking, but I also know that each one of you has grown much and this brings us great joy, because the more the philosophy of life is given and accepted, then the more we can bring to you.

Les: Of course, yes.

And the more that you can give to others.

Les: It's constantly a two-way thing, isn't it?

I when I first came to you said that this time, truth would be known, that it would never be denied again and still I will stay with those words. Much within your world is growing, the spiritual aspect of life is taking hold, slowly, but it is happening and that is why for those of us who decided that the time had come to join you in this world, who were prepared to spread the word — we took much time in deciding who to join and again I say to you my dear friends, many, many thanks for that. But still there is much for you to learn.

Les: Good, there is plenty to learn, yes.

And although there will be parting of the waves for you, the contact will never be broken spiritually.

Les: That's very, very nice to know, it's merely a physical parting, not a spiritual one.

Yes, if you can keep this in mind, then there can be created a bond between you, although there is distance in your earthly lives.

Les: Yes, we must certainly keep that in mind.

Lilian: Just a speck in time.

I wish now to say to the lady that there is much help coming to her for the work ahead. You may be surprised in time to come, how much more expansive your own knowledge seems, you may even be surprised that you can find words, when indeed you thought that they were absent. I say to you my dear friend that the time has now come, for your own spiritual unfoldment.

Lilian: Thank you.

Les: Remember what was said to you recently, to have confidence in your ability that you can do it. *(Yes.)*

There will continue to be much coming of myself and from others in my world.

Les: That's very nice to hear!

It will not stop, it must continue even if there have to be changes made.

Les: I'm very, very happy to hear that Salumet.

You my dear friend, will be kept informed of what is happening, when you depart from this house of Love.

Les: Good, I'll look forward to hearing that.

It is important that our work continues, that knowledge continues to be gathered, and when I told you earlier that this coming year *will* be filled with more philosophy of life, I again repeat to you that this must be so.

Les: Good, it's very, very encouraging for the future for us. I certainly look forward to speaking to you again, some time some place.

I am never far from you, my dear friend. *(No.)* Remember, keep the positive thoughts in control, *(Yes.)* acknowledge those negative points, because they also are part of you. Never feel ashamed to have those thoughts or feelings, because in acknowledging them you also dispel them. Do you understand?

Les: Yes.

Do you my dear friend?

Lilian: Yes.

Always there is light and there is darkness, but one does not exist on this earth plane without the other.

Les: Of course not.

That is why you are human beings. But your task is not to deny the negativity within you, but to acknowledge —

Les: And to overcome —

And to overcome and therefore to dispel it, you understand. I say to you then my dear friends, that is all I wish to say this time. (General thanks)

May you both remain with light, with love and with hope. Know always that you are never alone, you are surrounded by many, who desire to bring to you both, the love and the lightness of spirit, that you both need at this time.

Les: Yes I do try to keep that constantly in mind.

Lilian: Yes — quite difficult times —

But, never be ashamed of those negative events — they are part of you to work upon and to change and to grow with each passing day. I leave you now my friends, with those words. (General thanks and farewells)

~22nd March 1999~

Again, just Lilian, Les and Eileen met. No Salumet this time, but 2 other communications spoke through Eileen:

Are you happy with winding machine? (Referring to Leslie's old reel-to-reel recorder)

Les: Yes thank you, it is working properly now.

I will try to speak quietly. I did not expect to be joining with you this time. I was warned that this voice might be troublesome this time, but I come to you my dear one to say 'how are you'?

Les: Oh, not too bad. I don't feel too well—I get a lot of trouble of course with breathing and sleeping, but I look forward to going to my family and in that part of the country I may begin to find the benefit of different air and the sea atmosphere.

Yes, it is something that many of you lack, is good air. This was never a problem in my time. I have come to you both this time to say are there questions you need to have answered.

Les: No, I don't have, but the lady (*Lilian*) but I'm sure the work is going to continue—in other places, in different ways perhaps, but I think the lady would like reassurance that that is going to happen.

I am told that this reassurance has already been given to you.

Les: Yes it has but I think the lady would like it implemented.

Ah ha, I see.

Les: We don't doubt what has been told us, but being human there are always doubts as to whether it will. ***It will continue. Much good work must continue. All learning cannot be denied. You may dismiss it, you may place it to one side, but it cannot be forgotten. It is up to you and your choices whether you continue or whether you leave it be.***

Les: That's where our free will comes in, isn't it?

Yes, I do not wish to tell you what you already know but for the sake of the lady I am happy to say that once again you can be at peace and know that all learning will continue.

Les: Good, very nice, because I know that everyone in the two groups is very anxious to continue the work in the best possible way. I've had some lovely letters and comments from them all as to how it has changed their lives what they have learned here and they wish to continue to learn more.

Learning is a never-ending process and to think it is, leaves you well mistaken in your thinking.

Les: I agree—learning is a constant on-going thing, isn't it?

We in our world continue to learn—each moment shows us new teachings. No one should assume that they know too much.

Les: We were told a long time ago that if we ever thought that you would stop coming to us!

If you were to so believe that your knowledge was such that you needed no more, then why should we come? We would leave you to your own ego.

Les: And our own ignorance.

Yes.

Les: Yes, I agree. No we shall never fall into that trap.

I know this—I know.

Les: In all the years that I have been learning, what it has taught me more than anything else is that there is so much more to learn.

Yes, I can assure you because I too am still learning and I have never fallen into the trap of believing that I know too much.

Les: No, it is such a fascinating subject, and it has been going on since Creation, so of course there is so much to learn and we have lovely teachers who come to us and we greatly appreciate what we have been told in the course of our years here.

Yes. It can only get greater the knowledge that you will be given. Many desire to come to help each one who has been given the opportunity by such as yourselves, who have created many groups around your world.

Les: Yes, there are many people like us who wish to teach others and I am hoping—and this is not a question for you to answer, this is merely a statement, that when I do get into my new house, I shall still in some way be able to be of service.

Yes, I am told once more, yes you have been given this answer.

Les: Yes. As I say, I did not want you to think that this was a leading question but I am pleased to know that I shall be able to continue in some way.

(Eileen coughed) ***Excuse this voice. It is troublesome, is it not?***

Les: Would some water help the instrument?

No, no, we will deal with it, thank you.

Les: Thank you. Yes, it's nice to know that I shall be of use again.

Again? Why do make that statement, 'again'?

Les: I'll continue to be of use. My apologies, wrong statement.

Yes, that is better, yes—you have never ceased.

Les: Just a temporary break and then I can continue.

Break? You have no break—you continue to work on our side.

Les: Good! Yes, that's very pleasing to know also that I am with you at night.

You will be aware when you join us friend, of how much each one of you contribute to your spiritual lives although mainly unaware of it.

Yes, I feel the wind in your hair, I see great light in your eyes, I see great joy in your heart.

Les: Yes I know I've made the right decision this time—to go.

Why do you friends have such difficulties in making these life decisions?

Les: Yes it is a problem. Last year, when my children were broaching the subject and wanting me to go, I didn't realize that my health would deteriorate and I thought I could carry on.

Always struggle, struggle, struggle. We see so many of you struggle, when you should be inwardly knowing, inwardly know.

Les: Yes, I knew this time that it was the right thing to do.

Yes. I am saddened sometimes that my own race of people upon this planet have lost so much in the way of going inward and finding correct answers to these many difficulties which beset you at times.

Les: They have become materialistic have they?

Some—it has been difficult for many to sustain the knowledge which had been gained over many, many lengths of time. Circumstances have changed and I have to say they did not adapt well to these changes.

Les: It must be disappointing for you to know that and to see it happening.

Of course, but we cannot allow disappointment in our world, otherwise it would be served badly upon those whom we think upon. But yes, it saddens me at times.

Les: It must do, when you realise that so much could be gained.

So many of the people in your world are now beginning to realize how they must return to the thinking of older civilizations. It is coming.

Les: It is happening isn't it—it is coming more and more so.

Yes, yes. May I speak to the lady now?

Les: Yes, please do.

Yes. I would wish to say this to you—and let me say I am more prone to speaking with the gentlemen. It is something that still remains with me when I return to this physical condition that women never were spoken to for advice. So, if I speak abruptly to you, I ask your forgiveness.

Lilian: That's fine.

It is not the lack of knowledge, but the conditions, which bring my speech a little harshly to you. Yes, I see a future for you also bright, not perhaps what you have anticipated, but nevertheless a future full of love and brightness and a new understanding of spiritual matters.

Lilian: That's the important thing.

Yes. There have at times been along your pathway some little doubts as to the authenticity of some things given, but I can say to you now, you have reached a turning when many matters will be clarified for you. Go, go forward with renewed hope and understanding and love for all your fellow man.

Lilian: I'll remember what you've said—I'll keep it in mind.

Yes, you have the opportunity now to take great strides forward and as always the choice is yours. Thank you for listening to my words, friend.

Lilian: Thank you for the encouragement, it's a great help.

I am always, if I may say so, still bemused by women in your world today. I do not say this with disrespect to women, but in my time men were the great speakers and great doers, but of course women did have their place of importance if a little known.

Les: In many respects I think the women were much more important than the men.

Yes, I now agree, but of course when I lived upon your earth I would have disputed those words, although I have to say I could see great spirituality in our women.

Les: It always puzzled me why men should think about women like that, because if it hadn't been for the woman as the mother, man with all his knowledge would not have existed. So he was dependent upon the women anyway.

In the physical sense yes, but man, especially men on the planet at the time when I was here, believed that women were only given these great opportunities because of men and the great spirit. We denied them in a sense their true identities. Although we offered much to the great spirit, we did wrong at times by our own women folk.

Les: Never mind that's all past now and of course, in the present circumstances in which you live, equality is recognized, isn't it?

Equality does not exist, because we all are male and female, so there is no such thing.

Les: No, no—it was the wrong word to use, it's a physical word.

No, no I understood your meaning, but I wanted to make it clear to you. I will leave you now. I have been warmly welcomed by you both. I hope my words have brought some comfort to you.

Lilian: Yes they have.

Les: They have, indeed and we are very, very grateful to you for having visited us and of course your words, as you well know, are being recorded and they will be passed on to other people and to your instrument.

Yes, I have to say winding machine is still a puzzlement to me. Breath in the air I understand, but winding machine is most puzzling.

Les: It's very useful, because many have been able to learn of your words by hearing the recordings that have been made.

Yes, I know and when I say puzzling, it is puzzling whilst I am in this condition, you understand?

(affirmation) I do know and understand of course, but when we return to earthly conditions, much becomes clouded—most strange.

Les: Yes, it must be like a fog to you.

Yes, but as I leave you now I have to say to you that Great Elk asks of you.

Les: That's very nice, he is a great friend of mine.

Yes, and I will leave you with those words.

Les: And I look forward to meeting him one day.

You have many to meet. Yes—and thank you lady. (General thanks)

Another followed through Eileen:

I've been most interested listening about what you want in your tomorrows and I felt I had to come and say just a few words to you both. That it takes some time to realize that tomorrow is the result of your desire today.

Les: Of course.

So I want to remind both of you that each moment is being created and making your future. It would seem to me that there have been many discussions about what your future holds. That is why I decided to come to you both this time. May I just say to you: Do not keep your thoughts too much for the future. May I suggest to you both that your thinking remain in the NOW.

Les: Yes, I understand what you mean—I think you do Lilian too, don't you? (Yes.) Now is the future.

Yes, what we have spoken of already is the past and that cannot be changed, but the result of the past, the desire, the thought, is created for the future. Therefore it is most important that you do not allow this moment in time to be wasted with fruitless thoughts of the future. Do you follow what I am telling you? (affirmations) It is distressing to see so much distress in your world, because people are unaware of their own wasted thoughts. So I just wished I could come to you to tell you this, to live for this moment—

Les: Yes we do understand.

—and I don't mean live in the moment selfishly. I know you understand what I am telling you.

Therefore, please remember when you are distressed, when there is stress in your lives, bring yourselves back to the thinking of the moment. Please, please take these words seriously, because we see so many from your world who have regrets—regrets because of it. You cannot capture what is passed, therefore to make a brighter future for yourselves, may I also suggest before you allow extraneous thoughts and words, to think carefully and allow only those thoughts of good to come to fruition to create your future.

Les: Yes, that certainly is very good advice, because one day we shall have to face that future.

Yes. I would perhaps add, because there is a lot spoken about Karma in your world and what is Karma if it is not the result of your desire and thought. It is your tomorrow, that is all. I would like dispel some of the thinking about what you call Karma, but that is not my task this time.

Les: I see. Well, we do appreciate what you have told us.

I will leave you now. Know that I am surrounding you with beautiful thinking of each of your futures. It has been a great pleasure to me to join you. It is not often I am allowed to join such a small group and I have to tell you I feel most comfortable with it. Now I bid you good night. (thanks and farewells)

~12th April 1999 — Leslie's farewell~

(General welcomes)

My welcome here has always been one of abundance.

Les: Thank you, we all take great delight in being able to welcome you to us.

For this I would wish to say to you this time: *Thank you.* This for some time will be my last visit with you.

Les: That's unfortunate, but we do understand.

There is much preparation ahead, not only for myself, but all others who wish to work with you. I would say this to you my dear friend: Although your absence in the physical form will be noticeable amongst the others, I would wish you to know that you will feel my presence always around you.

Les: Good, that's very comforting for me.

It has not been evident of late, because you are doing what I have tried to teach you not to do so often, and that is to be so fully aware of the physical being, not to allow the spirit to come forth.

Les: Yes, just at the moment, with all these problems of moving house, it has been difficult to find a restful time.

I know and I understand fully, but in saying so my dear friend, I would wish that you could hear from within yourself, the words that I have spoken to you, over many, many of your months. You must always when there is difficulties in your living, allow that spirit to rise forth and to smooth your pathway for you.

Les: Yes I do try to do that.

Now, you are seeing how difficult it is, when you do not allow the spirit its true nature, when it is not used each and every day of your physical living.

Les: Yes you are quite right, because I have felt loss of energy—I put it down to all the other circumstances of course, but I'm looking forward to getting down with my son, because he too wants to participate more in the work with me now and I'm very pleased to know that.

You should have realised—all of you—as one of life's doors closes, another will open.

Les: Yes I'm sure it's going to and then I shall really rest a great deal and allow the spirit to take over.

Yes, that is what is needed at this time, but I will not say to the others to do so, because they have much work ahead.

Les: Yes they are all getting organised now, to run their groups. And I'm sure they'll be delighted to have you visit them now and again, when you can.

Lilian: Yes we will.

It is not a matter of now and again, but there are matters which I must attend to. I will be with them, no matter what and I am sure they will be only too happy, to tell you of my words.

Les: I'm sure they will be.

There is much to be given to you and we cannot allow any breakage in that knowledge.

Les: Good.

Lilian: Nice to know.

When I say I will not be with you for some time, it is only a matter of what you will call weeks—it is but a blink of the eye. But take faith and know I will be working with you all.

Lilian: We're very grateful.

Les: I hope you get my thoughts every night, because I never go to sleep without thanking you; I know you're there constantly.

You will as time continues, be much more aware of my presence, in some form or other. And I say this to you, to each of you, that my presence can take many forms. It is something we have not spoken about, but which I intend to, at a future time. There are many ways you can feel my presence. So remember always to keep your mind open to these words.

Lilian: Yes we will.

Les: Yes I must admit, that recently during the heavy work I've been having, and the problems associated with the house moving, I have sat down at times and just spoken to you mentally and asked for strength from you.

Yes, I will say to you that you *are* going along the road you have chosen. (*Good.*) Have no fears, know that the physical body is *becoming of age*, as you would say, but that should not prevent the work of spirit. It can be annoying, it can be upsetting, but there is no reason why it should be allowed to take hold and push aside the true nature of your being.

Les: No, I absolutely agree and I have been working on that basis.

I would say to you before I leave you, because my friends, I did wish to join you on this last occasion, whilst we still have the gentleman's physical being with us; I wanted to come, in order that you will know there is much work for us to do.

Les: Good.

Lilian: Yes, we'll look forward to that.

You know, if you have listened to my words, that the power of the thought, divides no soul. Distance is nothing, when you have the power of your thought.

Lilian: Yes.

Les: Yes that's right. We are all constantly thinking of what we are going to do in the future. We do thank you for having made that so abundantly clear to us, over the years we have been together.

There is much to give, much to learn, much to develop; there is so much we hope we can bring. We have over time, and I will say that time for you all, is the most difficult aspect of all. What to you may seem such lengthy time, is *nothing*. Therefore we have much to do and much to achieve. I will repeat my words, that you have gained the opportunity for much phenomenon in your world. It is coming, if you have patience, if you have love and you have dedication. We now feel that the opportunity and the time is coming, where much can be given to you in the way of words and also in the rising of your own senses. After all, you have been imbued with all of these gifts, *now* it is time to bring them to the surface. Therefore as I leave you my dear friends, let us join in our thoughts and give thanks to that Great Creative Force, to which we all belong.

Les: Yes, I'm hoping that one day in the future, my son and I will have the pleasure of you visiting us? **I will be around. His *desire* is great, but there will be times when physical living will take command for him. But be patient, all will be well.**

Les: Yes, good. Thank you very much for telling me that and God bless you and thank you very much again, for all you have done for us.

Before I leave you, I will give to you some little information, that the gentleman you speak of, has been much-blessed in this lifetime and we would wish it known to him and perhaps you can make it your task to tell him, that throughout his life he is *guided* if you like that word, I do not, but it is a well-known saying in your world —he has been *guided* by his maternal grandfather.

Les: His maternal grandfather? **(Yes.)** I will tell him that, thank you yes, he knows that he HAS been guided; **(Yes.)** he has told me that he is certain he receives guidance and help.

That is some little information to help him along his way.

Les: I shall certainly pass it on to him, thank you very much indeed.

There then followed one through Sue, relaying the message that there were many waving, not waving 'Goodbye,' but saying 'We'll see you soon.' She emphasised how happy and excited they were— not a sad time, but a happy one. There then followed one through Eileen, who came to say thank you to Les, for helping them out of the 'mist' in a 'rescue,' years ago. This was immediately followed by another through Eileen, who talked warmly to Les, thanking him again for work done over the years and touching briefly on topics such as thoughts being alive and the need to avoid negative thoughts.

~14th June 1999 — a new beginning~

First meeting in the room in Lilian's house:

Good evening. (General greetings)

I am happy to be with you my dear friends once more.

Lilian: Thank you for coming.

This time I will be with you for a short time only. I will wait for the others before we begin our teaching once more. I would ask you my dear friend that some conditions be held in order to make my presence here with you a little more comfortable. (Yes—)

I ask that when I am present amongst you that there be no variation of light. (Yes.) I ask also—and this you already know, that there be no sudden loud noise. (Yes—) Other than those two things, I am so happy to be joining with you once more.

Sarah: It's great to have you back! *(General affirmations)*

Much is being done to inspire and guide you my dear friends. I wish you to know that though my words have been absent, you all have been gathered with me within the loving light which I extend to reach all of you.

Lilian: Thank you, we appreciate it.

I know there are questions to be answered about why there must be change and I intend my dear friends to answer these questions for you fully, in order that you understand why these things must happen. With these words this time I will withdraw in order that others may come to you this time.

Lilian: We look forward to hearing from you again soon and thank you for coming.

We will begin the work which I promised you in earlier times. You cannot go back on what has been given. I leave you knowing that I am always close by, that you seek love and inspiration, that you call my name in times of troubles; you know also that what you desire is not always what you will receive.

Lilian: We understand, thank you.

Now I will leave you my dear friends in the knowledge that now we have made this contact, all will be knowledge for your understanding and upliftment. *(Salumet's voice was fading away by this point)*

Lilian: Thank you very much.

There then followed one through Eileen who explained that the rest of the evening would be for individual development and we discussed various impressions/feelings that we were given.

~21st June 1999~

Good evening. *(General welcomes)*

My dear friends, I bring to each one of you great blessings. It is good that we have come together once more. *(General affirmations)* I wish to say to you, my dear one, *(Lilian)* put to one side any fear, any apprehension that you may have, because your time is here for you to grow in a new way. You have shown to us much devotion over many of your years. You may find in coming weeks new awareness of what you need to do. *(Good.)* So look towards us and let us guide you and we will continue with this work which we have started. I would like to say to you all my dear friends that many have wondered why these changes have come. Let me say: Change is growth—that is all you need to know. It is foolishness to try to analyse the way and workings of Spirit. Know only this my dear friends, that each one of you will individually grow to your own degree of spirituality, but as you know and from past words I have spoken to you, we need a united light, love and thinking if we are to achieve the work which is ahead of us. Therefore I say to you this my friends: Look to the silence; I have to tell you that there could be much improvement in this field. Too many refrain from this act of silence. I ask you my friends to try to find time in your daily lives to give to it, because in the silence that is when you can grow and be guided.

Lilian: I think we can all try a little more.

I know you will. We need from each one of you united thinking when you enter this room. I have spoken many words about collective growth. Therefore there is no need for me to reiterate again what I have previously said. I hope that each one of you understands more fully now that no one person is indispensable when it comes to the working of Spirit.

Lilian: Yes I see.

When the work has to be done, no physical person, no physical situation will stop the process. Do you now all realize this, my dear friends?

Lilian: Yes, that's nice to know.

Because there has been fear, there has been apprehension as to whether this work would continue. I have felt much love from each one of you in your thoughts and for this I thank you my dear friends. Know that all I have given to you in words will become stronger within your thinking. As time continues, each one of you will grow stronger in that spiritual knowledge. Already you have found the strength to speak many words to others, and individually each one of you has become much stronger in their own

emotional thinking. You must, my dear friends become stronger, not only in body but in mind and in body. If you have questions for me this time, I will be happy to answer them for you.

Lilian: Any questions?

George: Firstly let me say it's a great joy that you have been able to return to us. Unfortunately for me, I have become rather deaf so I cannot always hear your words in session, but happily I am able to listen to the tape afterwards. I would still like to put a question sometimes if I may, but it's very likely that I will not hear your words during the session. Perhaps it would be good to begin with the brief war that has been going on in Yugoslavia. We have all be much saddened by this and many of us would have preferred a spiritual solution to the problems in that country as opposed to a military solution. There have been our prayers and hopefully these will have had some effect. I know that a suggestion was put to the American President that a large team of people skilled in transcendental meditation should go into the country and meditate locally. With this in mind I wonder if you would like to say something on the relative qualities of prayer and local transcendental meditation and indeed the attempted military solution?

Yes, let me say this to you my dear friend: Again we return to a subject much spoken about, but I will on this occasion try to clarify for you some points. There are, at this time of you world's evolution, many problems, many problems caused by mankind himself. This we have discussed many times. Prayer, as you know—thought cannot be wasted. Collective prayer and thought brings more power to it; this you know and understand by now I hope. (Yes indeed.) What I wish to say, of course continue with your prayers for the sake of you your brothers all over this planet— prayer is never wasted. But what is more important for you and for each one within this room is that you must rise above individual catastrophes, calamities within your world. You have the power my dear friends, to do this. You must see your world, your planet as it sits within the cosmos; it is but a small area. You understand this? (Yes.) Know that all things are governed by the one law and that is the law of Love. You wonder why prayers seem to go unanswered—they do not. But what you seem to be unaware of are the negative thoughts of mankind who has lost that sense of Spirit, of goodness, of all knowing. Therefore you have Truth, knowledge and Light against darkness and what you humans would term 'evil.' Do you agree?

George: Yes I think I heard some of that.

Yes, it is difficult I know for you, but hopefully when you hear my words repeated, the understanding will come to you. You cannot as individuals change things in your world in an instant. But awareness is on your planet now, it is growing. There are many such as yourselves who send good thoughts to those of us who can help to influence the leaders in your world.

George: Yes I think we are beginning to understand and it struck me that it is a good sign that the idea of transcendental meditation was even *put* to the American President.

Yes, because you cannot, as I have said to you in past times, you cannot stop Truth this time. Mankind on the whole is becoming more *aware*, more spiritually aware, but until such time as *all* mankind have changed, there always will be strife, there always will be unkind deeds, man against man. We have spoken, so I think for this time I will stop there and let you think about the words I have said to you in past times.

George: Yes, I'm sure your words have helped to clarify this, thank you very much.

It is my hope, it is our desire that each one of you grows to a state of realization that you can be larger than this planet itself, if only you will give of yourselves to the knowledge and light of Truth. I think for this time I have spoken enough. We have much to do, we have much time to achieve it. I know each one of you brings great benefit to each other within these meeting. I leave you now dear friends and say to you offer yourselves to that Great Force which encompasses us all, that great energy called Love. Find yourselves enveloped within it each day of your living. I ask you now, may remind you please that there be no sudden noise or light until this one (*Eileen*) has returned. (General agreement, thanks + farewells)

~28th June 1999~

Good evening. (General welcomes)

I wish for thank each one of you for your warm thoughts and welcome which has been extended to me my dear friends since last we met. Because we are few in numbers at this time I will not teach you anything new; this I have told you previously, because it is most important that all be here whenever there is new teachings to be given.

Lilian: Hopefully they will be here next week.

Yes, there are too many absent this time, (Yes.) therefore I will say just a few words this time. (Thank you.) I know there are many questions that you wish to place before me; these we will deal with next time. I would also say this to you, my dear friends, that I have been aware of your loving thoughts towards us and I would like to discuss further why each one of you still feels so much grief, so much distress when one of your human beings returns home to us.

Lilian: It is probably just selfish of us; we know that we are going to miss them.

Yes, we have discussed this topic on another occasion, but perhaps the time has come to elaborate just a little why human beings feel the way they do. So there is much for us to discuss next time before we continue on our pathway to knowledge. So I will say this to you my dear friends: For the rest of this time this evening, we will devote once more to individual development in whichever shape or form that may take. Therefore my dear friend, I will leave the rest of the time in your most capable hands. (Thank you.) Again I ask only that a little time be given to the return of the one I use, that no sudden noise, no bright light be used for a little time. (Yes certainly.) You need not be quiet, but perhaps you will keep my words in your minds. There is no need to remain in silence, but to allow the work to continue as it will this time. Know, once more my dear friends that I encompass you all within this group with my love and my light. (General thanks + farewells)

One followed through Sue:

Thank you for your patience. I come to say that although you have heard from the master who comes here that he will talk to you at your next meeting about, shall we say, human weaknesses, I will just say a few words concerning the step through the door from this world into a greater world. Your thoughts and prayers this evening have been duly noted. You have spoken about fear to let go—a natural and understandable reaction at the end of the human life span, but as I know you are aware, it is the easiest thing for the spirit to return to its natural habitat, you would agree, yes? (Yes.) You don't understand because the lives you have led this incarnation have not experienced the journey, but I know you are aware that you are never left to make that journey alone. My dear lady, it is something that is well understood in our realms, but whenever one of them has the opportunity to return and give some words of encouragement we will do so, and should you be in the situation where you yourselves can offer words of encouragement, then they will come easier to you if you will remember words of myself and others, do you comprehend what I say? (General agreement) Fear is the key to all the holding back, physical fear. But let me say to you, the souls are old and wise, they are ready to return, but of course there is what you call a cord between the human shell and the soul and it is like perhaps a piece of elastic and although the soul is willing and able to take the step, they are sometimes held back as on elastic, because the human mind will not quite release that band. You understand? (Yes.) I do not say this lightly, but sometimes when the mind finally releases the soul, depending on the circumstances, it can sometimes be like a human catapult, you understand me? (Yes.) Whoosh, it causes no problems to the soul. They are expecting it but it can sometimes affect how quickly they return to their habitat, the habitat that they left aeons ago.

Lilian: So in the case of maybe an accident or in the case of war when the person is certainly not expecting it, is that with a whoosh?

Because the mind has let go, perhaps unintentionally, you understand me, it hasn't had time to expect and wait for—the soul is suddenly is returned into the realms. (Yes.) So, yes, it takes with it a fragment of the human mind and therefore has adjustments, which are not always necessary with an easier passing.

Lilian: So those are the 'rescues,' as we call them, are they?

A small part—I am only generalising here, it is not the case in all, it is mainly, mainly where the human mind is strong and does not want to release the soul—that is mainly when the catapult feeling occurs—

not, and I say, rarely, when it is a sudden, as you would call death. That is a different aspect entirely, but of a similar push through the curtain, yes? (Yes.) But we come into difficult and complicated ground, part of which our master will speak to you about, possibly at your next meeting or at another given time. (Yes.) I just came here to explain that we are aware, and we are always there to ease through the passing when the mind releases the soul. You know without me telling you that you are never alone, but it is something for you to hold onto and remember, should the need arise for you to help someone through that door. My voice is something that perhaps you will not forget and it will be in your mind and some of my words may come through and be of benefit, you understand? (Yes.) There is just one more point I would like to make before I leave: Never forget where your origins lie and they are not of this worldly planet, you understand? (Yes.) Always think spiritually, always return in thought to your origins. You are aware I know, that the incarnation you have now, may not be the first of your spirits.

Lilian: Yes, we've been told this.

Your spirits can be multitudinous and you may have other parts, which you will join with in time. Think of these, think although you do not know who or what you may have been, it is a good lesson for you in quiet times to think of your origins and wonder a little about what you may have been. I can only say this to you, because it is deep waters and I don't think I have the words at this time to explain further, but it will help your other parts of spirit, if they feel that you can join in mind with them. Do you understand a little of what I say?

Lilian: Yes, it is interesting.

You are aware I know of perhaps one incarnation.

Lilian: Yes, we've been told of one. *(The monastery – see 30/06/97)*

You know therefore that that particular part of your spirit has well gone on to other realms, but is still joined to what you are now. (Yes.) That cannot be severed no matter how far on in the realms other parts of your spirit go. They cannot be separated from what you are now. You are joined, joined by a completely unbreakable cord, which can shall we say in human terms stretch infinitely, but cannot be broken. And they will—I say 'they,' to make it easier for you to understand, 'they' will know if your thoughts are with them. It is complicated I know and I hope in future meetings we may be able to elaborate further on this subject, possibly through myself or possibly through someone who has greater knowledge and can explain more fully. But I ask you, will you do this for yourselves and for your soul?

Lilian: Yes we will.

In quiet times, give a thought to what you once have been, and who knows, in quiet times you may be able to visualize what you may have been. Would that not be quite an achievement?

Lilian: Wonderful yes—we will see what we can do.

Now, if you will forgive me, I must leave you. I hope I have given you some food to think upon and I thank you for your time.

Lilian: You certainly have, thank you very, very much.

As I say to you, always give your love to those that need it and other's lives will have a smoother path. I send you love from spirit and wish you health and happiness, until I come to speak with you again.

Lilian: Our love goes with you, bless you.

~5th July 1999~

Good evening. *(General welcomes)*

Thank you once more for this coming together. Thank you for all of your thoughts and I know my dear friends that once more we have many, many words to speak together. This time I wish if I may speak to you about the emotional body, which envelops you all at the time of what you call 'earthly death.' I spoke briefly last time and there was communication from another briefly on this subject. The time has come my dear friends, for you to understand a little more of the workings of your emotional body. You know that the emotional body is at times intertwined with your spiritual thinking. This is as it should be, but what is lacking within your human beings is this: That you do not fully have control of your

emotional thinking. I am sure each one of you would recognize these words and what I try to say to you. Let me continue therefore and say this to you my dear friends: Each one of you here knows and understands well that when you leave behind these physical bodies that you continue within our world, that you are coming *home*; you know and you understand this—this is not the problem. The problem with many of you is that you do not have control of your emotional thinking. Know also that when you come to our world, you do not instantly change, and that is because of your lives upon this planet and the way you have allowed your emotional thinking to take hold. Can you understand and accept what I say? (*General agreement*) This is why in times of earthly death you feel these great surges of emotion rise to the surface of your being. Why should you feel pity and sorrow for a soul who is returning home? Should not instead you be giving thanks to that Great Creative Force for returning that soul from whence it came?

Lilian: Yes, I can appreciate that. I do feel that a lot of the sorrow we feel is a selfish sorrow for ourselves. It is indeed, but of course as human beings you were endowed with freewill and with all the earthly emotions that go with the human frame, but that is not to say that you should allow the energy of emotional thoughts to control your lives. If you are to grow spiritually my dear friends, you need to capture the strength to control your thoughts and emotions. Once again I am stressing to you the power of thinking, the power of each individual thought, not only the affect that it has upon you, but the affect that it has upon many other people. You must take the power into your own hands; this is most important for each of you.

Lilian: So could we help say someone who is dying, could we help that person with their thoughts and prayers?

Of course you can, but that is not what I am speaking of, I am speaking of control of your own individual emotions. You know the power of collective thought, you all have understood and accepted this aspect of thought, but what you have not fully grasped is the fact that individual thinking is your own *responsibility* in all things in life. Until you take control of your thinking of your own emotional body, there will always be stress, there will always be distress, there will always be hurt within your hearts, and after all as I have said, why should you grieve for the soul who is returning home? I wish to go further now my dear friends and say to you this—and this may be something that has not entered your thinking to date, but what you grieve for when you grieve for one leaving this plane, is in fact the memory of your rebirth into this world. You have not given much thought to this, have you my dear friends? (*No.*) This is what I would wish you to think upon this time. We will return to the subject when I will give you the opportunity to put questions to me, but for now I wish that you take my words with you this time and think about them carefully.

Lilian: Yes we will.

I will try to make it clearer for you in your states of silence, if you will but think upon my words. But we will return for questions another time in order that you can fully understand. I hope for all time how important it is for each individual to have full control and full power of their own thinking.

Lilian: It would certainly make life much easier for us.

That is not the purpose if I may say, the purpose is that you grow spiritually stronger, that is the real purpose. So now I will leave those words with you this time. If you have any other questions, I will be happy to answer them for you and then we will allow some others to speak if they so desire and allow each one of you time for your own individual guidance and development.

Lilian: There is just one question. Our old friend who has just moved to be with his son—at this moment I think he is puzzled as to why he had to move so far away. Perhaps you could give us a few words that might help him.

So far way in the physical sense you mean? (*Yes.*) Yes, I understand the question. He has not moved far from you. The essence of his spirit remains with you, but I accept that changes are for some people not always what they would desire, but I have said to all of you recently that *change is growth* and although what you ask for is not always what you receive, let me say this to you my dear friends: Again your own freewill has much to do with what takes place in your lifetime here. We can influence, we can help as

you know, but ultimately the freewill of the individual takes precedence at the time of choice. I would say this to you and perhaps my words can be given to the one intended for, please.

Lilian: Yes they will be.

I know that each one of you has missed the physical presence of our dear friend, but although his knowledge was greater in a sense, and I do not say fully, but in one sense greater than your own, it came to pass that it was—and I say this strongly to you: The time had come for him to make new ground, because he had achieved much within this place with many peoples over many years. What I wish to say to you is this: That the choices each of you make within your lifetimes, are choices you feel are good for you physically in the main. Not many of you human beings look to change from the spiritual aspect, although I would say the gentleman in question knew within his heart that spiritually his work was to continue in another phase. He may not recognize it, but spiritually he does and although he feels a great loss at the absence of the physical contact of many of you, spiritually he is in a new phase of growth. I say to him look within, to spend his remaining time in the spiritual thinking in order that new words come to others from him, that there is an area within his life which is waiting to open up to others. He may deny, he may not fully understand, but he has reached a stage of his lifetime when new contact was necessary. I know and understand that he feels the family ties are important, but I say this to him: That was not the reason for his leaving you. His own continued spiritual growth, the recognition that life does have ups and downs when least expected; it is a lesson he had to learn. It may be a lesson hard to accept, but I say to him, he has grown from this lesson. This lesson of loss, this lesson of missing what was so regular within his life—this is a time of spiritual growth. That is all he needs to know. He knows fully well that to try to analyse the way of spiritual workings is not the correct path to take, therefore I say to him my dear friend, look forward to your experiences, look forward to many new aspects of knowledge, to a new awareness, a new feeling of growth, which will come before his days are upon this planet are ended. I ask that you pass these words to him. I am sure he will find comfort from them, because at this time that is what he seeks. Not only was this change necessary for him as an individual, but for each one of you to find anew, the strength which is within each one of you, to know that the work of spirit continues, that nothing can stop what has begun. I know my dear friends, that my words will travel with you this night, that each one of you will in your own individual way try to make sense of what I have said. Know always I am with you and know that we will discuss further the words I have given to you this time. I leave you now in the knowledge that each one of you is encompassed within my love and my light and the love of that Great Creative Force of which we all come. (*General thanks and farewells*)

~19th July 1999~

Good evening. (*General welcomes*)

I wish to say this time how happy we are about the new conditions created within this room. I want you to know my dear friends that soon I wish to embark upon new knowledge for you. Until that time it is imperative that the energy that is utilized from each one of you is used to its best and that each one of you is so willing to be used also. Therefore on this occasion I feel it would be good if each one can offer themselves to be used in the best way possible. We thank you for the unification of this group, we thank you also for the dedication shown by the all for the continuation of the work. This time we ask that each one of you open yourselves to the influence around you in order that we may use your spiritual energies to the full. I am not speaking of your human fears and doubts, I am asking you dear friends that you allow that spiritual side of you who is all-knowing, to come to the fore of this evening. Therefore if you are agreeable this time, perhaps each person, excluding the instrument I use, to be placed within the centre of the room and to allow that encompassing energy to surround in order that they can be used. In this way we can better see how the combined energy of you all can be used for our new work.

Lilian: So we should sit quietly?

Each one be placed in the middle of the group please—each person by turn. Do not feel afraid if you feel anything that is unusual to you.

Lilian: Would it be better if I put a chair in the middle?

Yes, thank you. This exercise my dear friends, is of the utmost importance. We can take this information and use it to the best—it will enable us to assess what and how best we can use this combined energy. I will speak no more this time but I would say to you that much time will be needed this time in bringing back this instrument. I will leave it to you. *(General thanks and farewells)*

We then took turns sitting in the centre of the room as directed for the remainder of the meeting.

~16th August 1999~

Good evening. *(General welcomes)*

I wish to say to you how pleasing it is to be with you once more. *(General thanks)* I will say this to you, I speak with you just a few words this time my dear friends. I hope to use this quiet time in working with this one, *(Eileen)* but before I do I say to you this: There has been and there will be in the coming two years of earthly time many changes, many endings, many beginnings; but it will not change what I come to teach you. The new knowledge I have promised to bring to you, this will continue now we have established contact with you. There will be no change in this area.

Lilian: That's nice to know.

I also wish to say to you, and especially those amongst you who have concerns about the lack of human male people. I will elaborate a little on what I have said in past times. Each individual human being is *Spirit* which consists of male and female energies. Too much emphasis my dear friends has been placed in past times about males and females who come together for the purpose of communication. I say this to you, it matters not whether all are female or male in gender, because the energy we utilize from each person combines both male and female energy. So I do not want you my friends, to be confused on this issue. All we ask is that there are people wishing to be used in order that communication can take place; that is the importance of these groups. Not whether you are holding hands, not whether numbers of male and female be equal—all of these issues are trivialities my dear friends. But I wish you to know and to understand that the energy we use from you comes from that *Spirit* that you are and not the flesh and bone of the human being. Is that clear to you all? *(General agreement)* For now I say to you my dear friends that very soon we will have new knowledge to bring to you, but before I leave you this time I also want to say that although the knowledge I bring to you I call 'new,' there can be no new knowledge. Remember what I have told you, everything *is, has been* and always *will be*, therefore there cannot be 'new' knowledge, only knowledge which has not been brought to the forefront of your thinking. Do you understand? *(General agreement)* With these words then, I will leave you and I will say this to you: Once more allow your minds to be open to those who are close with you this time. I ask you my dear friend that you speak quietly with each one in order that they can bring forward that help which is being given to them, in whichever form that it comes to them. I would ask also that there be not sudden noises this time.

Lilian: Yes, and we shall look forward to hearing from you next time.

As always I am ever with you. *(General thanks and farewells)*

~23rd August 1999~

Good evening. *(General welcomes)*

I feel much love this time from each one of you. For this I thank you and reassure you that conditions such as these enable me to work more easily with you. Before I speak with you this time my dear friends, I would like if I may, to ask you a question if that is permissible? *(Yes.)* I wish to say to you, and it matters not which one of you chooses to reply, but I would say to you all, what is your perception of this

your planet, this earthly world? What is your own perception of it? Would one of you like to answer please?

Sallie: I think it has the potential of being the most wonderful place one could imagine.

I accept that—and it is a clever answer, which indicates to me that your consciousness is more raised than you yourself accept my dear. This world you live in is but very young in its existence as you know, but what differs from many other planets is that you people as human beings have so much influence over it.

Lilian: More than if we were on another planet, more than other people on other planets?

Because all what you are and the planet to which you belong, there *is* a slight difference. This I wish to try to explain a little to you this time. (*Thank you.*) You know my dear friends that as far as awareness—consciousness of that Divine Intelligence to which we all belong, the human race in this world is very young. I have told you, there are Masters who walk amongst you, but they are few in number; mainly the human being upon this planet is young in consciousness. But what I wish to explain to you this time is that what you perceive this planet to be is what this planet becomes. Do you understand those words, firstly? (*General agreement*) You do?

Lilian: We have to take care of it.

It has a deeper meaning than being responsible for the planet. You human beings upon this planet were bestowed with your own free wills; this you know is essential for your living here. Therefore what you perceive is what becomes your reality. Therefore you might say if you accept this aspect of teaching that your world is in fact the conclusion of what each and every one of you think. Therefore you might say the world as you know it is an illusion. Do you understand what I say to you? If you do not, my dear friends, let us stop and discuss it now.

Lilain: Does everyone understand? (*General agreement*)

Because you are spirit, what you perceive by your mind is in fact illusion within this world; because of your free will you have and use daily many thoughts, which are in fact not reality but illusion. Therefore I say to you my dear friends you are living now within a world of illusion that can be altered, that can be changed to your will. Therefore we come to the statement made by the lady: This planet has the potential to be what you human beings call ‘*heaven upon earth.*’ Can you accept this statement? (*General agreement*) I don’t wish you to accept it lightly, because the meaning is deeper than you would at first accept. (*Yes.*) So we are in agreement; therefore if this world based on illusion of your own thinking—and again I speak of mankind generally—where do you go from here? Can you answer this, please? Do you know?

Lilian: No, I don’t think any of us could answer that, can we?

Sallie: I know what I *think*. I think it is a question of raising awareness, (*Yes.*) and as awareness is raised then the consciousness of more people becomes affected, (*Yes.*) until enough of us are thinking along similar lines so actually affect a change in the illusion.

Yes! This lady speaks wise words. My dear you have grown much in past times, you are growing, growing, growing. She is right in what she says that because each one of you, each human being upon this planet is *Spirit*, you have the potential to become ‘*one.*’ In becoming ‘*one*’ you would be a planet transformed. If consciousness was raised to join together as one, then indeed you would be in heaven on earth. You follow my words so far? (*General agreement*) Therefore I say to you—and I repeat words I have said to you but now perhaps the words will have more meaning for you—that to seek that divinity which each one of you *ARE*, you must go within, raise that consciousness so that illusion is reality, that you have the *means* my dear friends, to change all that is in, around and about you. Do you understand what I say? (*General agreement*) Yes, what would the lady like to say, please?

Sallie: I suppose it’s something I have got to learn to do better, but I have found that it’s dangerous for me, that I alienate people when I speak openly about what I think and sometimes I think is better for me not to say anything at all, but that doesn’t change anything though, does it? I suppose part of the price is to be alienated—it’s part of what you’re here to do.

I would say to you my dear friend that this is happening because you are not yet aware of the reactions of your fellow man. You are being attracted to people not yet ready to receive. But do not be concerned, because with their freewill that is their right to reject what you say. But you should not feel alienated from them. Know that you have spoken words of truth and be happy for them. You will come to recognize the times, the situations, the happenings around your life when it is suitable for you to speak these words of truth. Too many times fellow human beings deny the right to speak what they know to be true; that I would say is not the correct path to take. So therefore I say to you my dear friend, do not chide yourself, do not be upset by the reactions of your fellow man. If you have spoken words of truth with kindness and with the correct nature of words, then you can only have done good, not only to yourself, because remember all things are retained by *Spirit*, and although it may seem that your fellow man has rejected, I would say to you this: That they have taken in, in Spirit form, that knowledge which you have passed to them. Do you understand?

Sallie: Yes I believe we all hear things at different times and there is a right time for us to make it part of us. *(Yes.)* But part of me—it's the physical part of me—I end up I think with people becoming afraid of me. No, no, no, no—no my dear friend that is not so. The problem lies not within you, but within the receivers. You must not allow yourselves to feel—you must protect yourself from negativity from others. You know within your own hearts that any words spoken in truth can only be good. Don't be afraid; what have I taught you my dear friends, about fear? *(Yes.)* Fear will always hold you back, but remember, you are divine beings nevertheless but each one of course is on a level of consciousness of their own doing, but when this world of yours becomes raised and each one of you becomes more aware of that Divine Consciousness, that is what you should strive to do for not only yourselves, but this world of illusion. I want you my dear friends to think about my words this time, to see this world of yours in the manner which I have described. Try to find your place within this planet, try to seek within you what it is you need to do, what it is you need to change; not with the world but within yourselves. Only then is there the possibility that each one in their raised consciousness will become the greater and all expanding *one* consciousness. I will leave you with those words my friends, because I do not want to overload your thinking. We will return at another time and I will ask you to put to me any questions you may have. But I hope that my words this time have given you a different aspect of living upon this planet.

Lilian: Yes it certainly has. *(General thanks)*

Sallie: It's very reassuring to hear you talk like that. I think sometimes you spend so much time with people who are not ready to accept anything like that, that you almost begin to lose faith in yourself and to hear you reiterating those things again, it does help.

Yes this is always what I will strive to do, because I know you humans have many frailties; you forget easily, if I may say so kindly. Therefore it is important that as we grow in knowledge that I gently remind you of words I have used previously, in order that you may come to see the wider scope of life. It is important for your growth I feel that we gradually incorporate each step slowly, that one picture grows to be much larger in your understanding, do you agree? *(General agreement + Thanks)* And before I leave you to be used in other ways, I would like to take this opportunity my dear friends, to also again remind you, because we know upon your planet there has been much talk again of devastation. I wish to remind you that this planet will continue. Mankind has reached the stage of knowledge where it *can* be changed and I have said to you, *it will not be destroyed*.

Lilian: That's comforting, because it is a beautiful place.

It is a beautiful place only if you allow it to be. *(General agreement)* Now I will withdraw from you this time. Again I ask for each one of you that you think about my words.

Lilian: Yes, we shall listen to them again on the recording.

Thank you. Now I ask that each one opens up to those influences which surround you at this time. After all it is part of our work that each one of you be helped to unfold in your own individual ways, that as we go forward each one of you feels your own consciousness being raised. So my dear friends, allow that love and all within you to open up to whatever surrounds you now. *(General thanks)*

~30th August 1999~

Good evening. (General welcomes)

How welcoming it is to be with you my dear friends once more.

Lilian: Thank you, we are very glad that you've come.

I will not discuss this time any new topics, but rather I would say to you because of your numbers that I will speak with you individually and answer any questions that you may have.

Lilian: Yes, that would be nice.

Then I say to you my dear friends, there will be some time for each one to develop their own individual pathway, so we will devote some time to this, this evening. I would ask also that at the end of this meeting that your concentration be focussed upon the centre of this room. We are trying to achieve much with you this time, but because of the numbers we might have to work considerably more.

Lilian: Yes, I understand.

So shall we begin my dear friends with each question?

Lilian: Margaret?

Margaret: I have a problem in my mind about when I die. I do not want to be buried, I just want to donate my body for medical research. I just got a bit worried about whether this was correct for me to do.

I understand. Firstly, let me say this to you that the expression of your words 'to give' is a spiritual gift which you have grown with. I would say to you my dear friend that some years ago this would have been far from your thinking. But let me say this to you, that when you come *home to us* at the end of this physical life, the physical being matters not to you; it is as I have said before, a part of you to be disposed of. Therefore there cannot be anything wrong in allowing those physical parts to help others. (Thank you.) If this is a true wish, a true desire, I say to you my dear friend, go and think deeply and make arrangements with loved ones that this is what you desire.

Margaret: Thank you very much.

It is your last gift to this physical world and in that capacity I say to you, you are fulfilled in seeking to give with love. Thank you. (Thank you.)

Lilian: Paul, any questions?

Paul: I don't have any questions at the moment really. I think I'm thinking mainly about my next travel abroad.

Yes, well I believe much has been given to you about this subject, but let me say this to you my dear friend: There is much in your life that is fulfilled, but there is within you a part that is spiritually unfulfilled. Can you accept my words?

Paul: Yes, I can.

Yes, let me say this to you, that as the years grow upon you as they surely will, you will find that from within there comes to you much thinking, much deeper thinking, that will enable you to find your true spiritual home upon this earth. There is much within you my dear friend for you to find. Therefore I say to you, at this time continue to seek and you will find.

Paul: I'll do my best.

Thank you.

Lilian: Sarah?

Sarah: I have a couple of questions. Last week I did have difficulty in distinguishing from the physical and the spiritual when you asked us about how we perceived the world and Eileen said to me that if each of us do our best to raise our awareness, then there will be a snowball effect. I still have problems with the people who are causing a lot of trouble on the earth. I can put out thoughts to them to try and help them to do the right thing, but is this right what I am thinking? Is there perhaps anything else that I should be doing?

Yes, I understand what you are saying my dear friend. Can I say to you only this: That you are becoming too overly concerned about other people. That may sound contradictory to what I have taught you, but my dear friend, you cannot be responsible for another human being's actions. Please bear this in mind when you have these distressed feelings. You cannot but do your best in this life. If you can come to our world and say that you have helped but one soul, then indeed you have achieved what you came to this earthly planet for.

Sarah: Right, so I've got to concentrate more on what I can do and not on what other people are not doing. Yes, you must be aware of what you can achieve. You must concentrate your efforts upon your own way of living. In that way how you live your life will be mirrored to other people. Show by example my dear friends, that is the simplest way I can put it to you. I would say also that it is good to discuss amongst yourselves, your many ideas, your problems about your spiritual works and feelings. I have to say, I will always try to influence each one of you in the correct way of living, but again I have to stress to you all that your freewill has such a strong hold over your lives. Only when you free yourselves from the confines of freewill and free thinking—remember what I have said to you: Take control of your thoughts and your lives will become so much easier. But you my dear friend, you cannot take the burden of this world upon your shoulders. Do you understand?

Sarah: I do yes thank you.

Is that helpful?

Sarah: Yes that's very helpful, yes I've just got to focus more on what I can do, yes.

Yes, I would not say even on what you *do* but what you *are*. Do you understand?

Sarah: Yes, that's another thing actually I do have difficulty with looking inside myself.

Lilian: Yes, it's not easy.

Yes, we do not say it is easy, but with the knowledge which I hope each one of you is gaining, that gradually you can see that the spirit begins to come to the fore more often than the physical thinking; that is what you must all try to achieve. We know and we understand that your lives create for you many problems, but each of you has the power within yourselves and the power belongs to *this* moment in *time*. Do you understand? (Some agreement) You do not sound convinced.

Sarah: No, I am not quite convinced that the power is this moment in time because—

Where is your thought my dear friend if not but in this moment?

Sarah: That's right, but—(pause)

You struggle with it I know.

Sarah: I understand that, but the past, present and future is all one, so—

But that is *spiritual*, that is spiritual knowledge, you my friend are confined to *physical* thinking also, which limits that spiritual growth and understanding; but you need to seek inwards to allow that spirit-self to take control of your living and to do that you must take control of all thinking; and what is thought if it is not each moment in time? (Yes.) Therefore the power is in the moment. Do you understand?

Sarah: Right, yes I do, thank you.

Thank you.

Sarah: May I ask a second question?

Please if we have time, I am happy to answer. Please let us continue.

Sarah: You have said to us that we should think about people who've gone back to your world and give them our thoughts. Are they aware of our thoughts? For example, people who haven't realized they'd died and you try to give your thoughts over to them, are they aware? Is everybody who passes over aware of our thoughts that are being transmitted to them?

I would say this to you: It would depend on the state of awareness of knowledge to which they have passed into. Of course there are many who come to our world who are lost in their own ways of denial, who therefore find themselves surrounded by mist and are lost as you full well know. (Yes.) That is why it is imperative that those of you upon this earth plane help us to '*rescue*,' if I may use that word, to help these lost souls to understand what has happened to them. (Yes.) Therefore they would be totally

unaware of the love and the thoughts that are being sent to them. But these thoughts are not lost, I do believe I have spoken in past times about thoughts which are collected for the good of those lost souls, do you remember? *(General affirmations)* Therefore each good thought is collected until such time as the lost soul is able to understand and accept. Only then will they have the *awareness* which is their entitlement. Is that helpful to you?

Sarah: Yes thank you, yes.

Lilian: My question is about the monk: A communicator came through several weeks ago and during the conversation it was mentioned about the story of the monks when we were together before, and that we should remember in our quiet times and our prayers, that soul that has gone on. So, that is another part of us—they are separate parts, are they?

Yes, I understand and I understand fully that some of my words are not always clear to you all, but that is why we have these times of questions. We have spoken quite fully about the many aspects of the soul, have we not? *(General agreement)* Yes, I know this will always be a difficult topic for each one of you to fully take in, but let me say this to you: How can you justify in your own thinking that there can only be one complete soul? There has to be many aspects to the soul, to make sense of what you term 'reincarnation.' And I have told you have I not, that although it is not obligatory, for most souls it *happens*. Therefore I say to you, if you accept this, then you have to think carefully about many aspects to the soul. After all, we are only parts of that Great Divine Power which is the Creator of all things. It is not static, but it is ever moving. Do you understand before I go further? *(Yes.)* Therefore to learn to become more fully aware, there has to be many elements, many aspects of the soul. Each aspect has to learn before it can join that structured part which belongs to that great divinity of power. I feel my friend I am going into deep matters here, which you will not at this time fully understand.

Lilian: No; we accept it but don't fully understand.

Yes. Please I say to you only this: Try to accept my words; think upon them deeply and gradually as we continue with our teaching, the understanding will become clearer to each one of you. I will repeat as often as I can *many* points which I have said before, in order that my words become acceptable to you all. Never be afraid to repeat any question which you have queries about. *(General thanks)*

Sarah: Can I just bring up something in Lilian's question? If we were to go wayward whilst we were here, would we be letting down the 'team' of other parts of our soul? **(No.)**

Sarah: So it's only that one aspect we would be letting down?

Yes, it would be that that aspect of the soul would have to relearn the task for which it came for. Never feel that you have injured the other aspects of the soul. They are 'insulated,' if I may use that word, against any destructive forces which are created in the physical living of one part of the soul. Otherwise, do you not see much damage could be done?

Sarah: Yes I do. Do all aspects of the soul have to come into this physical world, or only some aspects of it?

No, only some; after all we are speaking of sparks of divinity and we are speaking of growth, we are speaking of many, many aspects and there has to be that core of divinity which holds together the many aspects of it. Again we are coming to deep matters and something we will return to, but for this moment in time, I think it is enough that you accept the many aspects of the soul.

Lilian: Yes, we accept what you say, it is just difficult. **(Yes.)** We won't fully understand whilst we are here, will we?

You can continue to analyse to try to understand, and in so doing that knowledge can be given to you. After all, it is within you, it is within you, it is not new knowledge it is knowledge which you have to seek for. Do you understand? *(General agreement)*

I thank you my dear friends for those questions this time. I hope I have enlightened each one and I will leave you now. *(General thanks)* Know that you are clothed in divine light and love. Know also that I am so happy to join with you on these occasions.

Lilian: We're so happy to have you come.

I will leave you now to allow each one of you your own individual development. I ask you my dear friend, that you go with each one to see what they can find. And please to finish this time by focussing as I have asked you to do.

Lilian: Yes we will. Bless you.

Everyone did as Salumet asked and then focussed in the middle. Lilian felt that there was a surge of energy in the middle of the room. After some time, there was one through Eileen who said that 'she' was not supposed to talk. Lilian asked her if she was trying for transfiguration and the answer was "no, materialisation".

Afterwards Eileen said that she had never had an experience like that before. She said that her mouth opened very slightly and that she felt that the area around her solar plexus was being pulled out of her.

~6th September 1999~

Eileen was away as another grandchild had just been born, so there was no Salumet. However other mediums were present and the evening started with one through Sue:

I am happy to be here and wish you all good evening. May I say firstly what joy it brings us to have our little lamb returned to the fold and we wish you welcome my dear. (Sara Martin, who used to come regularly, was able to join us again.) They always return if it is required, do they not? Yes they think that their time perhaps has finished and their work complete, but believe me, once we have you, we do not relinquish you lightly unless you specifically ask not to be involved. And may I say, how infrequently that occurs, does it not?

Lilian: I'm sure it doesn't happen much.

Those who come as ships in the night are not necessarily required for the work and we let them go. That does not mean we are not grateful for what they have given, but what they give is not always required for this work. Do I make myself clear, you understand me? (General agreement) Everyone who has passed through these doors and the doors of our dear Mr Bone and others in other groups unknown to you people here, everyone has had some purpose, even if it has been for a very short time. Others leave the groups and go on to other spiritual matters, but I say again, when we have you on the hook, we don't throw you back. (Chuckles) So, I jest but I seriously welcome our friend and know that anything that she brings to this group can only be good and useful. Welcome dear lady, welcome.

Sara: Thank you.

Perhaps you could tell our dear friend who normally sits in this position (Eileen) that at the birth of her baby, or should I say her grand-baby, there was a spiritual doctor on hand. We have been around the lady for some time.

Lilian: I will pass the message on.

It is not a problem, there is no need for any concern, but we did feel it necessary to have one of our people close at hand this time. But it may bring her some comfort if you tell this to her. Thank you.

Lilian: And she can listen to what you are saying, because this is being recorded.

Yes I believe you do some miraculous things with different sorts of equipment. We obviously do not fully comprehend the workings, but know that they do allow others to hear what we say. It is obviously of great benefit and can only spread the word of Spirit to farther, farther fields, am I not correct?

Lilian: Yes, it is very useful—

But also dear friends let me say that word of mouth is equally important, do you understand my meaning? (Yes—) I know that each and every one of you has been in conversation with others and you have also to yourselves. I would love to tell my friend, my doctor, my social person what I do, what I get up to, what I believe, but goodness me, it is difficult. They will only laugh, they will only consider me to be, how do you say, round the bend? (Giggles) But surely you realize that when the opportunity is right, someone gives you a little push and the words come tumbling out. Have you not all experienced something of that? (General agreement) Yes, and suddenly you are speaking and people are listening and

the message has been relayed to someone else, am I not correct? (Yes—) And am I not correct in say that in most instances every one of you in this room has become involved in the work because of what somebody has said to you? (Yes—) You were none of you born in the spiritual knowledge, it is only what you have been told by others that has opened your mind, made you ask questions and made you want to know more. And are you learning my friends, are you learning?

(General agreement) I did not need to ask that question, I know. I know that as the years have gone on, your knowledge has become greater and you have become more aware of what is around you and what there is to do.

Lilian: There is no end to the learning, is there?

I say to you dear lady, that no matter how high you travel in Spirit, each moment is a learning process. The gentleman, I use that word for simplicity, the gentleman who comes to speak we you through the lady normally sat here, (Eileen) he learns every moment and what he learns he imparts to others in a simplified manner, you understand? (Yes.) He cannot, he cannot obviously teach you higher and higher subjects, because—and this is no detriment to yourselves, your human brain is not good enough to take in that knowledge. So he simplifies and teaches what he feels is beneficial, but as your years continues you are learning more and more and in some cases it is becoming a little more complex, is that true? (Yes.) And that makes you ask questions does it not, in your mind, if not in your voice, yes? And that is good. Question, question, always question, do not accept it without question. That is not the purpose of his teaching. We want you to question. We want you to say to yourselves, well we have heard that, now let me see what I can make of it—why did he say that and what does it mean—and the more you question, the more you have a light come here in the mind and that shows you that Spirit is entering into your thoughts and that can only be good, can it not? (Yes.) We wish, desperately we wish that we could remove all the shackles of your earthly body and let you see what is to come, but unfortunately we have to be as patient as you. It will come, greater knowledge will come, but at the present all that we can do is impart what we can in the hope that it will blossom in your mind and in your hearts and I can say quite happily that, without exception, that is what is happening to you all. It brings us immense satisfaction when we know that a tiny, tiny drop of knowledge which has come down like a tear —lands, and, like water, spreads out into a pool, because from a pool becomes a lake and from a lake becomes a sea and from a sea becomes a vast, vast, ocean. And that vast ocean of knowledge is available to each one if they wish to learn, and we are honoured, I repeat we are honoured to be able to impart what we know to people such as yourselves, who seem to have such a thirst to know what we can teach you. We thank you, we thank you each one, for allowing us to be with you. Even in your sleep state we do endeavour to teach you a little, a little every time. Now before I leave you I have to say there is someone here who is parting on a journey, am I correct?

Paul: Yes, me.

May I ask the gentleman if he is ready and prepared for his journey?

Paul: I have still got things to do, but I've got about a week. Do you mean mentally prepared?

Yes, I do not mean, my dear young man, my dear friend, I do not mean have you packed enough clothes. (Giggles) No I joke you, you don't mind if I have a little joke with you, it lightens the atmosphere. No, whether you have got your socks and whether they are in pairs or not I really don't know. No, you are right, I did mean, are you mentally prepared for your journey?

Paul: I don't have a very clear idea of where I am going, apart from a few jungle areas to see the wildlife. *Yes, well let me tell you, we know exactly where you are going, but I am not here to give you a map, no. I mean to tell you that we know where you are heading to, because it was the Spirit that has organized this for you. Do you not realize that?*

Paul: I realize that the Spirit is trying to organize it, but I am not sure whether I get the messages.

Well, that is human nature isn't it, always thinking to themselves, no that can't be right. But know, dear friend, seriously for a moment I say to you that your journey, wherever it will lead you, will be of great, and I cannot emphasize this enough, great spiritual worth. There is a reason you are going on this latest journey and it will become apparent when you are some way through it. I say no more, I do not want to

put words into your mind, but I do ask you to open your mind. You have a very good, sharp mind. Please open it and listen to what you hear. Will you do that please for us?

Paul: I will yes.

Now, do that and your feet on your pathway will be light and your heart will be singing, and finally I say to you, don't forget to pack what you call your sun tan cream!

Paul: Yes—thank you.

May I ask the older gentleman (George) please, how are you finding your new-found experiences?

George: Well, I've got a lot happening at the moment and the electronic hearing aids are enabling me to hear the words quite well. I have been disappointed in recent sessions that I have not been able to hear the words, although I have been able to listen to the tape afterwards. But now I am wearing the hearing aids for the first time in a session and happily I am able to hear the words.

I am pleased, but let me just say to you this: that is the physical hearing. You could you know listen to Spirit if you just enabled us to come in just a little further than you do. We are not unhappy with your progress; far from it, in fact you have surprised us all, and I do not say that in jest, or I am not being rude, but we are delighted with what you have achieved, even though you are sometimes unaware exactly what that is. But we would ask you please to listen a little more with your Spirit and not with your physical. But we are delighted that physically things are a little louder for you.

George: Yes, thank you, I'm much relieved that it's working.

But, please in quiet times sit and listen without your physical hearing. We are not saying that we expect you to stop everything that you are doing, but we recommend in your instance that you do try to find a quiet time now. It is time that you did this. Yes, will you do that for us please?

George: I thank you for that advice. I have been very concerned about my writing. I felt that the book I want to get published is linked quite heavily to the Work. I have found it difficult to apportion things between the physical mind and the Spirit in this context.

Yes I am aware of your problems, but please it is of no consequence and no matter. You will see in time exactly what you have achieved and why. I wish you good fortune.

George: Thank you for your words and I shall endeavour to do as you say.

That would be of benefit, thank you. Thank you for allowing me the opportunity to speak with you.

Now I will leave you. I thank you for enabling me to speak with you this time and I apologize if any of my words you considered to be inappropriate, but I feel that at times it is necessary to show that the people in Spirit also have a bright and lighter side. It is not all doom and gloom and prophecies, far from it. I thank you once again for allowing me to come to your home. I wish you all God's love; may surround you all and the lightness of Spirit be in your hearts. (General thanks)

Another came through Sue to bring a message:

Someone is saying that there is a little boy who has to be given lots of attention when he is older, because he is going to be very clever with his hands and somebody says that people won't realize and they probably won't realize what he wants to do. But you have got to give him lots of attention and listen to him when he tells you what he wants to do, because he will know what he wants to do and he has got to do it. I don't know what that means but that is what I have got to say. They are saying that it might seem strange what he is asking for but not to be surprised. Let him do what he wants with his hands because it's going to be important when he is a much older little boy.

(This was a message for Sara)

~13th September 1999~

Good evening. (General welcomes)

I would like to say this time that there is some unsettlement. Therefore I am trying my dear friends, to make the situation a little more harmonious this time.

Lilian: We are sorry about that.

There is no reason for you to express regret, thank you. I would to extend my love to the lady who came some time ago and is now returning to us. (Sara) I wish to say to you this time my dear friends how each one of you struggles so in your lives. You struggle so with emotional ties instead of allowing that spiritual knowledge to come forth. This is something we have discussed many times, but still I feel you have not fully grasped the meaning of spiritual freedom. Does anyone have a question about this topic please, because I feel that each one of you in your own individual way, struggles with this knowledge.

Lilian: This is not a question but I do agree with you and for myself I must try harder. **(Yes.)**

Margaret: I should try harder too.

Sara: Yes, snap.

Yes, can you understand that it is a power struggle of emotion? When you are encompassed by life's difficulties, what can you do? You should go to quietness and allow Spirit to come forward. Then all physical problems should disappear quietly to where they belong. Still each one of you finds difficulty in dealing with this knowledge.

Sallie: What is it that drives us to attract this particular disaster or upset, because we do don't we, we attract things to us.

Yes, it is a power struggle. We must understand firstly that in being Spirit we have only the finest attributes, but when you are clothed within these physical garments, then physical thinking, feelings, emotions are partly in control. What you must try to achieve my dear friends, is that although Spirit and physical life must run hand-in-hand, as you may say, you must allow that spiritual knowledge to guide your physical living, because without this guidance, always the physical emotions will overrun your thinking. You must have the balance in physical life. This is the problem I feel with you all, you do not allow that true self, that all-knowing knowledge

to come forward, because within each one of you is the knowledge of what is best for you.

Sara: Is it unnecessary to feel hurt by someone else's behaviour in an ideal situation? Is it unnecessary? Is it something we create?

Yes, let me say this to you: the only one who can hurt you is *yourself*. What happens is this, that when you feel hurt or injured by another person, you are allowing the emotional body to take control of your thinking. This is what I try to say to you. No one upon this earthly plane can cause you harm, unless you allow them to. Each one of you has the power to protect yourself, whether it be physically or emotionally. When you understand these words, you can truly be Spirit upon this earth; you can be free from all harm, free from all hurt, freed from all physical ailments—you in fact become as close to Spirit as you can. Therefore, my dear friends, I say this to you: ponder my words this time, come to know yourself, after all that is why you came to this earthly plane, that you might come to know yourselves, that you might join with those you have chosen to be with in order that you can create this harmonious way of life. *(said emphatically)* Each one of you has that power in this moment. Do you understand my words? *(general agreement)* Does anyone not understand this?

Sara: Can I just clarify something? Presumably we must discriminate first in order to protect ourselves, or are you saying that there really is no person that we cannot get along with?

I say that spiritually you will be attracted to many and likely to want to stay free from others. This is your spiritual light. There is no need for you to discriminate as you say—discrimination is a *physical* attribute, it does not belong to Spirit. In all your decisions upon this earth, think spiritually and not physically. This is the concept that you each find so difficult.

Lilian: And we forget.

Yes, that is the problem that you forget what I tell you. In each situation in your lives, it matters not what that situation is, if you were to sit quietly and find that *spiritual* answer, there would remain no problem. Can you understand? *(general agreement)* Does the lady across the room understand?

Sallie: I understand, but I ponder a little about it, because if we choose to come here and we choose to meet up with people in order to understand ourselves and our own spiritual growth and to interact with people whilst also trying to help each other—I suppose it is just trying to balance the physical with the spiritual. Sometimes it is as if you have to let yourself be very open and give the opportunity, which can result in choosing to feel hurt—we choose our own feelings. **(Yes.)** But there's something inside of me that says: if I am not open to that then I am blocking my natural self anyway or my spiritual self. Do you sort of know what I mean?

If you open your self to another person that is your free will first and foremost. There is nothing to say that you must do this for every person you come into contact with—that is your judgement, there is nothing wrong with that. What I try to say to you is: if you are emotionally hurt by another person, you must look within yourself—you have allowed the hurt to take place; not that the other person has deliberately tried to offend or to hurt. Can you see the difference, (general agreement) because there is a difference between someone deliberately trying to hurt and you being emotionally hurt without intent being there. This is what you must try to understand. I do not say my dear friends that this is easy—it is not, but it is something I wish you to work upon. It can only help with your own spiritual growth.

George: Would it be true to say that if the Spirit within has sufficient influence upon the physical mind, then one would not be deeply hurt anyway?

Yes, exactly my friend. That is what you have to cultivate. You do not have to try—all knowledge lies within you, all you have to do is allow it to come to the surface. If there is emotional hurt or distress, then I say again to you all, *look within yourselves*. This is not meant to be a judgement upon yourselves—do not think upon it that way, but rather that it is a lesson which you all need to learn, to use that spiritual knowledge within to greater use. Yes? (general agreement)

Lilian: And that would go for guilty feelings? If we listened to the Spirit side, we probably wouldn't need to feel guilty about some things—they

wouldn't happen, if we listened first to our spiritual side?

This applies to all emotions, yes of course. When you have learned to allow Spirit to come forward, then you will find that life brings you fewer distress and upset emotions, but as I have said, the power lies within yourselves.

Sarah: You said to Sallie about not deliberately trying to hurt, but if someone does deliberately try to hurt you physically or mentally, is that because we have allowed them in somehow and what we should do is just forgive them?

I would say that there is much, what you call *evil*, but that as I have said before is not a word I like, because you do not fully understand the whole picture. You cannot know what is within another's thinking. Therefore have I not said to you before: *never judge another man?*

(general agreement) **Therefore there can be much reasoning behind that type of action towards another. It is not for you to judge, to analyse or to know better. I would say to you, if someone does do you wrong, it is only that you have allowed your spiritual defences to be lowered—but to send love to that being who I might say to you is in spiritual distress. I know the physical world will say: *these people are evil*, but who are you to judge? So my friends, again I say, be careful with your thinking.**

Sara: So we must try to understand that there must be reasons for the behaviour, if it is behaviour which we find difficult to understand? **(Yes.)** We must know that there is something that we don't know.

You must first and foremost make no judgement upon a fellow human being, whether you think the action is—and I use your words again: *evil* or *distressful*, you must not make that judgement, because you do not have the full picture.

Sallie: Am I correct to think that it is okay to say to oneself, that I find that behaviour unpleasant? **(Yes.)** It is not judging the person it's the action, isn't it?

Yes, there is nothing wrong in saying this, of course not. We do not wish to say that everything that happens upon your earthly plane is right, we do say this—of course it is not. There is much distress in this world. But yes, you must not judge another human being or the actions which they take; that is the important

thing. Yes, my dear friend, you are correct in your thinking. You do not condone evil acts, but do not judge the person if you do not understand or know them spiritually. I know this is difficult for you, but I can tell you that until you come and return home to our world, you will never fully understand the ways of the human beings in this world. But the more we have people like yourselves, who are working towards giving Light, giving Love, and remember my words of some time ago, it is easy to love those you like, it is not so easy to love those who seem to cause you distress. But which do you think would be better? Do you understand what I say? *(general agreement)*

George: I think we sometimes understand it better at a personal level than at a political level. I am thinking about the bombings in Russia that are happening at the moment. **(Yes.)** I find it more difficult to understand—

Yes, I would say to you, as the lady has said: you do not condone the actions of others, but do not pass judgement, because you do not understand what is happening spiritually within that region. Remember my dear friends that there is more than the workings of Spirit with the people, but *karmic* effects of regions upon this world. Do you understand? *(general agreement)* So, you see the wider issues are not always available to you.

George: Yes, I feel it must be a more complex spiritual pattern in the case of these large events. Yes, the whole of your planet is troubled by many of these things. That is why so many of us have come at this time, to try to change the pattern of thinking within this human race. It *can* be achieved, it *will* be achieved, but as you know it takes much work, much dedication and much help from people such as yourselves, who are dedicated to this work.

George: It's wonderful to hear that and it's wonderful that you are able to come to us like this.

I will say only this to you this time, because I would like to work quietly with this one, *(Eileen)* that I ask each one of you to sit quietly, to think about my words this time and perhaps you can discuss amongst yourselves quietly what you are feeling. We will try to influence your thoughts. I leave you now my dear friends, in the

knowledge that as is always, I will be with you when I am needed. *(general thanks and farewells)*

A very gentle one followed through Eileen, probably one of a number of Sisters, who visited occasionally:

I have been asked to join you this time to end this meeting and to say we have been most interested in what you have been discussing. I myself spent many, many hours dwelling upon my shortcomings while I was in your world. I have to tell you dear ones, that I left your world still with many shortcomings. So I say to you, try not to be too hard upon yourselves when you fail, but I would like to say to you this: as long as you continue to try, you cannot do more. I am not aware of anyone who has left your world in a perfect state. So perhaps these words will enable you to try just a little harder, because indeed it would be wonderful to receive more people who had at least spent some time seeking their true selves. I thank you for your graciousness, your time and your tolerance of my words. Thank you and may God bless you all.

~20th September 1999~

Good evening. *(general welcomes)*

This time before I speak with you, I want you to know that I surround each one of you with great love. There are some here this time who are in much need of it. Therefore my dear friends, accept what we bring to you, feel that love and upliftment from within. *(general thanks)* I would like to continue on some matters of which we spoke last time. I know that you have pondered about my words, but this time I would like you to try to understand a little bit more about what you are. I will as always, keep my words simple for you, in order that your understanding be greater. We spoke last time about emotions and how these affect your living. What I wish for you to understand this time, is more of your understanding of what Spirit is. After all, you know my dear friends that you are Spirit clothed in these physical beings, which at time causes you much grief. But I wish you to think this time about the Spirit aspect of yourself, which is clothed in these earthly bodies this time. What

is Spirit after all, but energy—divine energy. You know and understand this well. We have to talk a little about energy once more to begin to understand. Can anyone here tell me their interpretation of what energy is?

Sallie: It's a form of life.

Yes, but it is much more; it is a form of life, but it is much more than that, but I thank you for your answer. Does anyone else have an answer for me?

Lilian: Is it an energy that is all-knowing?

All energy is all-knowing. It is within and without.

George: It is love and movement and progress.

Yes, the gentleman has the correct word. Energy is movement. That is why—and I will keep this simple for you: without movement energy becomes static. That is why when clothed in these earthly bodies, so many problems arise, because your energies become static, which in turn manifests itself through into the physical being. Do you understand me so far? (*general agreement*) Does anyone not understand?

Lilian: No, I think we all understand.

That is why when we have places such as this room, so many people enter and find that wonderful feeling of upliftment, of light, of love. It is because the energy is ever moving, partly because of those who come from our world, but also your contribution to the spiritual work. So the energy within these places becomes purer. Do you understand this? (*general agreement*) Do you have any questions so far?

Sallie: If the energy becomes static while it's clothed in physical form, there are different ways of manipulating it though isn't there? And making or helping it move while it's contained?

You speak wise words, my dear friend. This lady has more knowledge than she uses. The understanding is there, but she does not fully utilize it. But, yes of course, as we said last time, the power lies *within*. The Spirit has the capability of using energy correctly, to prevent that static build-up, if I may use that earthly term. That is why the physical body has illnesses when energies become, how you would say, *stuck*. Is that the correct term?

Sallie: Blocked.

Blocked, that is a much better phrase, thank you. So can you see my dear friends that the

Spirit, being all energy, all movement, has the power over all things if used correctly? (*general agreement*) Can you see the comparison now between Spirit and the physical being? (*general agreement*) Can you see that physical problems which occur, can then be turned and used wisely for spiritual growth and movement? (*general agreement*) Spirit is ever moving—it has to, it cannot become still. Do you all understand this? (*general agreement*) Therefore now you know that Spirit is another word for *movement*, always *movement*. Can you now begin to understand my dear friends the power that lies within each one of you? Can you begin to see the wider issue of your lives?

Lilian: Yes.

Sallie: Why should it be that we are taught the opposite? We are taught to suppress everything. Is it a political control thing? We are taught such rubbish here, aren't we?

Well, if that is your feeling, then that is your understanding. Can you accept this? What your understanding may be, may differ from another's viewpoint. (Yes.) That is where, my dear friend, your own freewill, your own awareness comes into play. Can you understand this? (*pause*) No, she cannot. She thinks deeply, but it also confuses her. Let me say this to you: When Spirit is clothed within this earth, when the Spirit accepts this body, this lifetime, it also accepts many limitations. That is part of the soul's growth. It matters not what limitations, what hardships, what troubles come before you; what matters my dear friend is how you cope with them. That is the important question. No one expects you to lead a perfect life, because life upon this planet cannot be perfect at this stage of its evolution. But what I will say to you is this: That constantly you must seek your true self, that spiritual aspect which you know, and you know this innately, because it is all-knowing knowledge. You *have to* find it to understand and to seek a life which is trouble-free. Can you accept this? (*general agreement*) You cannot do more than your very best. Therefore there will always be limitations placed upon you. There will always be conditions upon this planet, which you will find upsetting, but that is because you *are* physical beings. But what we discussed last time was the fact that no matter how

distressing life becomes, you have the power in the moment to change your lives. You and you alone have that power, and this my dear friends is an important teaching for your all. So I say to you all, take these words I have given you this time, coupled with those words given to you last time; put them together and we will have further discussions and questions about it. Are you happy my dear friends with my words this time? *(general agreement)*

Sarah: So when we look inside ourselves it gets our energy moving and when we attract other people it gets their energy moving and this brings the peace and tranquillity amongst us. Is that right?

I would say to you this: Before you become concerned about another energy, focus upon your own. And only when you understand fully your true self, your true Spirit or energy or movement—call it what you will, these after all are only words—when your own energy is as *pure* as you can accomplish, only then can you take on the energy, the movement of other people. This is a deep matter, you must take one step at a time in your understanding. What I have said to you this time my dear friends, are simple words with deep, deep meaning, and this is what I would wish you to ponder upon this time. I will leave you now, knowing that my words will stay with you until such time we have the opportunity to discuss them further. I will leave you now, be it still in that ever moving **Light of Love**. *(general thanks and farewells)*

Another then came through Eileen. She explained that she had been an unhappy young girl whilst on Earth, who had been very badly facially deformed on one side. She told us how much she had hated the people around her who had tormented her, particularly her pretty twin sister. She does not hate anyone now and she was sent to us to tell us that she now understands. She said that we should know that when she returned to Spirit life, she suddenly saw what her own hatred had created. Her hatred did little to the others to whom it was directed, but what she saw was a twisted figure which was her. Slowly she came to the realization that she had caused her own distress, because she had allowed all that hate and anger to distress her. The lesson we have to

learn is to: 'be careful with our thinking.' She hopes that we never speak an unkind word to any child, as they are very precious, because the damage created is like a boomerang—it has a way of bouncing back.

If you wish to listen, here is the website audio link:
http://www.salumetandfriends.org/resources/1999_09_20-girlwhohadhate-twistedface.output.mp3

~27th September 1999~ Leslie's return 'home'

Good evening. *(general welcomes)*

This time I wish to say just a few words, because I am aware of your many thoughts, which have been directed to that friend who has now returned home to us. I wish to say to you my dear friends this, and then we will allow time for reflection, by each one of you on much good that that gentleman has given to you all. I feel it is useful this time to say to you that the passing of this one is very good example of what I have been trying to teach you about Power of Thought. I say this to you my dear friends, it was not his time. Yes, you are surprised, I know. He had a few more of your earthly years left for work to be done, but let me say that the power and the guidance of his many thoughts over past time, had to create the opportunity for those thoughts to be realized. Do you understand what I say to you?

Lilain: Could you explain a little more please?

Yes, the gentleman in times past has often expressed the desire to be with those whom he loved in our world. When constant thoughts are given in this way—I have told you my dear friends, that thought is the most powerful component that you will ever possess. Each one of those thoughts created a situation, which eventually led to the power of the thought having to materialize. Can you see? *(general agreement)* I hope that you can see from this example. how careful you must always be with your thinking.

Lilian: Yes, we can see that.

I also wish to say to you that although it was not his time, he will suffer no consequence from it; he will continue on his pathway. But I will say

possibly happier until the realization comes that there was more to achieve.

Lilian: Yes, I remember you saying he has more work to do.

Yes and he had, but that is why my dear friends, I constantly remind you about the Power of Thought. Can you understand it now? (*general agreement*) Your dear friend had much wisdom, but he was also human as each one of you are, but that should not stop you in trying to become more aware of your thoughts and your thinking. When thoughts become all powerful, there has to be a re-enactment of those thoughts. So you cannot say, 'why did this happen?' I know you fully *don't* understand why such situations are created, but again we have moved to deep matters. 'Why,' I can hear you say 'did he just not pass peacefully?' There are many complex issues associated with this and this is not the time for me to go into those deep matters, but eventually we will, my dear friends. When your understanding grows slowly, slowly, then we will again talk about these many things that cause you difficulty.

Lilian: Yes, we do ponder sometimes why we need the pain and so on.

You do not *need* the pain, but again it is the *thought* and the control of it which makes the difference.

Lilian: Yes—we've got a lot to learn.

I did feel that each one of you needed to hear these words this time, not to remind you of your friend, but in order to remind you of what each one of you is doing with your *thinking*. (Yes.) I will leave you this time. I feel that too many thoughts are travelling with you and therefore I will not give new information this time, but say to you my dear friends, *thank you* for allowing me to come to you once more; and to allow you now some time, either to reflect or to speak quietly amongst yourselves, in order that your understanding may grow stronger. I leave you now secure in the knowledge that always I am with you. (*general thanks*)

One then came through Sue, who had been before:

Moon Feather, Moon Feather will see old friend. Moon Feather will be happy to see face to face

and talk many, many long moons. We have much to say. Moon Feather very happy, can speak here. He comes with great love to all. Leave now, not easy this time.

Lilian: Will you come again and talk to us.

Have come many times, so will return again to speak and will one day come with friend and all will be happy.

Lilian: We look forward to that very much.

Leave you now—much to do. (A few words were spoken in Moon Feather's language before leaving.)

Another then came through Eileen:

I did not expect to make this journey, but I have accepted that I should return to you one last time, in order to give to you this news. Moon Feather has spoken with you I understand, but I feel that having known this friend for so long, that I would bring to you perhaps some joy. I am very old acquaintance of the friend who has come to us. I wish to tell you that he has been overawed by what he has encountered.

Lilian: Has he?

Yes, I tell you my name, only so that you may recognize me as being a true and trusted acquaintance. I am Sister Anna who over the long years of his earthly working, have visited with him on many, many occasions. What I wish to tell you, is that he will, in time, endeavour to make contact with you.

Lilian: That would be wonderful.

But as you will probably be aware, there is much for him to do and to know.

Lilian: A lot to learn is there?

Always we learn— (amused tone) —that is something that is never ending, but we wish you to know this, that your time upon this place is fleeting, therefore do not express any sadness or sorrow for one who is now much more alive. Look to your own lives and know that your lives too are fleeting by the everlasting clock. (Yes!) Therefore I say to you, thank you for allowing me to speak with you.

Lilian: We're most grateful—we cannot express our gratitude to you.

We wish no gratitude, but we ask you to think good of those you have known, those you have lost, but we have found—(the tape cut off at that

point, but Sister Anna had nearly finished what she was saying.)

~4th October 1999~

Good evening. (*general welcomes*)

I have to say to you this time that I was attracted by your speaking before entering this room. All I wish to say at this time is that the lady (*Sarah*) who had difficulty in understanding must try to remove all restrictions of physical thinking. Until you are able to achieve in some part, you will always find difficulties in understanding so much. I will return to this for her to give you some deeper meaning and understanding.

Sarah: Thank you very much.

Because of small number this time, I will not speak with you too long, but will say that next time we meet I wish to bring to you some new knowledge, *new knowledge* for your understanding.

Lilian: Yes, we look forward to that.

For this time others will speak and I say to you my dear friends, if this time you feel, you sense, you see anything which you have not experienced before, will you please tell the lady quietly, because I wish to work with this instrument for the rest of the time, but we will be trying to achieve much.

Lilian: Yes, we'll do that.

You understand, therefore I will leave you this time. Each one of you has an important task this evening, even if you are unconscious of it. Therefore I will withdraw and allow others to come to you; but please, please, let the lady know; or if you my dear lady sees, feels or senses anything unusual, please to tell the others. My love as always surrounds you.

(*general thanks and farewells*)

~11th October 1999~

Good evening. (*general welcomes*)

There is needed this time some upliftment for some of you. This will be given before you leave the room this time. I would like to speak with you my dear friends, about something I feel you may not have considered before. You know well

that each one here has been associated in previous lifetimes. (*general agreement*)

Therefore, have you considered that in meeting this time, why there should be differences in your spiritual awareness, each one of you on a slightly different pathway?

Sallie: Wouldn't we have been at different stages last time as well?

Yes, of course, this is the first question that you must pose, but to come together once more there has to be a unification of some spiritual knowledge, you agree?

Lilian: Yes, I think we can feel that.

What I wish to tell you this time my dear friends, is although the awareness is so different within each one of you, it is because each one of you seeks energy from another in order to combine, to create *one* spiritual energy for this work. In the same way as I have told you that darkness seeks light, so do each one of you seek the energy of each other. Can you understand this? (*general agreement*) If you cannot please let me elaborate now.

Sallie: I think I understand what you're saying, but I don't quite understand why we repeat the pattern in the same soul group.

That is the topic of discussion this evening—that is what I will come to. What I am about to tell you this time is little known, but I feel my dear friends, that you now have the understanding to accept and to begin to understand. Therefore let me explain to you a little further. You know that all life, all energy, comes from the one source. This we cannot dispute—that is the pattern of life. We all accept that we seek to return to that from which we came. (Yes.) It is a long task and many lifetimes to even begin to be on what you call *the ladder*. This we have discussed many times, but what you will not fully understand is that within the form of life's energy, there are many separations—and again, I am touching upon deep matters. Within that *one whole energy*, there are separations of energy, and those of you who have touched each other's lives, not only in this lifetime but in many others in different forms, *you belong to one energy pattern*. Can you understand this? (*general agreement*) So let me say again, that within the energy life form, there are many separate energies. All of you here come from that energy

pattern, in order that you can grow and therefore at some time in your existence you will return to that pattern. That energy pattern then would merge with other energy patterns at the correct time to continue forward in its growth, in its knowledge, in its understanding. Therefore to belong to one separate energy pattern, brings us to something else. Why, when you separate, when you take on these physical garbs, why are you not all united in the same knowledge and awareness? I say to *you*, my dear friends, you are, **YOU ARE**. When it comes to spiritual knowledge and energy, there is no difference between you. What makes the difference is your choice of life, *your choice* in this particular lifetime—that is all. But as spiritual beings each one of you has that *Divine Spark* of energy to take you to that separate energy pattern where you belong. Are you following me, my dear friends, are you understanding? (*general agreement*) If you have doubts, if you have questions, please ask me now.

Sallie: Through the life choice we make, we have gained some sort of knowledge which is different from other members of the group because of the life choice they have made, (**Yes.**) what about our spiritual memory, what we can actually choose to remember, because we have got it in our memory haven't we, to a certain extent? I have told you, yes you have all knowledge. It is entirely within your power to remember and to use what you already know. That choice lies with you.

Sallie: Is that a choice we make before we come back?

No, you return to the physical life style with most memory erased—I have told you this before I believe— but that does not mean you cannot open that door to re-memory. This is part of your spiritual growth within physical living, you understand? (*general agreement*)

Lilian: Is this partly why, well for myself, I feel very comfortable with everyone here?

Yes, because each one of you come from that separate energy pattern. That is why over many years of your time many people come, many people go, many people go who are suitable with you, but they feel and make the choice that they must go forward on their own. But there

are those who you would not be compatible with, may I say and those are the people that you would not do much good work with.

Sarah: So does that answer my question, are we the only ones in this energy pattern, or are there some others who we have not yet met?

There will be people who come, who go. When I speak of *energy pattern*, you must remember that energy is ever- moving. So it cannot be static, I have told you, and that is partly the reason why we have discussed energy before, in order that you had the feel of movement and change. You have more questions? (*pause*) **No?**

Mary: I understand that before I joined this group there was a meeting telling each of you how you fit in together in a previous life. (*We'd all been together as monks*) I joined the group afterwards. Did I also fit into that particular group?

No, you did not, but you still belong to the energy pattern. You were not part of that particular lifetime. You have not been together only once, but if you remember I said we would tell you of one lifetime together in order that you could begin to recognize some of your physical traits in this lifetime, to which I believe all of you could associate. (*general agreement*) **The lady who has asked the question, she has been close with not all of you, but many of you in other times. This is what you must remember that *one* lifetime is not the ultimate lifetime. Each one of you has had many experiences of physical living. You have not always spent those lifetimes together, but that lifetime was given to you as an example and to help you to understand yourselves a little more.**

Sara: Can I ask does the same apply to me, because I wasn't in the group either.

Yes, there are many, many not in this room at this time, who belong, as the lady has said, to this energy pattern from whence you come. It is deep matters my friends. I wish you to think upon it carefully, to *feel* that energy, to know that energy and to *know* that each one of you seeks energy from each other.

Mark: Are there many different energy patterns? **Of course; we all come from the *one Source*, but within that Source, there are many energy patterns, yes. This is little known knowledge. That is why I bring it to you simply and to allow you, each one of you, to take this knowledge**

with you this time, to think upon it carefully and to find where you belong in that scheme of life.

You can know more if you will but seek for it.

Mark: Are the energy patterns becoming more or less distinct with time?

In what way?

Mark: I was thinking about whether people in general were coming together more or whether the energy patterns were merging more.

We have reached a time in this earthly evolution, when you human beings are becoming more aware generally, if that is what you mean. I told you when first I came to you that many times there have been great teachings upon this earth and many times has mankind thought he knew best. I told you, did I not, that this time all over you earthly world, many teachings are taking place that human beings are now becoming more aware, accepting what we say to them. But still, there is much for you to learn. Much has been denied, but we must work hard in order that human beings this time cannot deny the truth.

Mark: Does becoming aware alter the energy pattern?

Of course; you should know and understand this by now that you each one of you have the power within yourselves, not only to know yourselves, but to change all around you. Each one of you is an individual energy pattern. That is another subject, which we will enter into on another occasion. But for this time I wish you to know that each one of you belongs to the energy pattern of Spirit from which you all come to grow, to know yourselves and to work together.

Sara: So you can say that we have a spiritual compatibility? Is that a way to describe the feelings?

Yes, otherwise I would not be able to speak with you quite so easily. There has to be that union of Spirit and that is what each one of you possesses. I think for this time that I will leave you with my words. I ask you, my dear friends, to think deeply and perhaps next time when you have had your physical time of thinking, we can return and you can put your many questions to me. I will leave you now, I will continue to work with this instrument. I say to you, open up your hearts and your minds for the rest of this

evening's time and allow those near and dear to you to come ever closer. I will leave you and let this dear lady be in full control of you now.

(general thanks and farewells)

~25th October 1999~

Good evening. *(general welcomes)*

I feel your welcome this time and I say to you there is no need for thanks, after all, are we not well acquainted by now? *(general agreement)* I know each one has pondered my words to you last time and I would like this time to continue upon that subject of energy just a little more, but not perhaps in the way you would expect. The time has come my dear friends, for you all to take an active part in this subject of *energy*. Therefore I say to you this time, with your permission we wish to try to unify you all together in order that you can feel the power within each one of you. In order to experience this you must, my dear friends, discard in part your physical being and allow your spiritual energy to come forward. Therefore, this time I ask that each one here should hold the hand lightly of another. I would say this to you: This is not being done in the way that you within this *movement*, as you tend to call it, have done in past times in order to call upon us in Spirit. You know full well my dear friends, that this is unnecessary. Therefore when I ask you to join together, it is for an experience I hope you will not forget. I ask that you join together, that you give some time to discard the physical thinking, to feel the energy come from each person within your own being. I will remain here with you. None can come to any harm, but I do wish you all to offer yourselves to us to be used in order that you feel the power of Spirit. Are you agreeable to this? *(general agreement)*

Lilian: We will all join hands, but we won't join hands with the lady you are using. *(Eileen)*

No, you must not in any way touch the instrument. You must form a complete circle. Please allow yourselves time to discard material thinking, begin to feel the power and energy to which you all belong; let it flow between you, until such time that each one of you should not belong to the individual, but that each of you should feel as a whole. You may speak quietly

amongst yourselves if you should feel anything extraordinary within the circle, but I do ask that the voice be quiet and controlled, in order that this energy not be disturbed. I will leave it with the lady now, but know that I will remain until the end of this meeting.

Lilian: Thank you.

We linked hands as instructed and after a short time, some sitters quietly voiced what they were experiencing. Lilian felt that she was being pulled upwards. Others said that they no longer felt their hands holding another's, but that they were merged together. Salumet then returned:

Who amongst you does not feel the flow of energy? You see how difficult you find it to discard material thinking?

Lilian: It is very difficult.

This is the problem, but the knowledge that each one of you depends on each other, can only be a source of help to you all. I would ask the lady now if you would place your hand upon the head of each one here please.

Lilian: Yes, I'll do that now, should I?

We would be most interested to know what they feel. Allow to flow through you.

Margaret felt very hot and felt the energy strongly in her hands. Sara also felt lovely and warm. Lilian and Sarah both felt they were being pulled forward and Sarah's legs had been lifted off the ground. All members felt great peace and warmth.

~1st November 1999~

Good evening. (*general welcomes*)

Lilian: I am afraid we are very few in numbers this evening.

This time it matters not my dear friends how many there are; this I have told you on many occasions. But this time, because so many are not here I will not give you new information and instead I feel it would be beneficial to you all if I answered some questions for you. I know there are many thoughts that have come to you over many, many months of your time. Therefore this time my dear friends, let me hear your voices in order that I may be of help to you.

Mark: There is a chap who asked me last week if he could join the group and you said before that a

lot of people would want to come who would not perhaps be the right vibrations for the group and I just want to check with you if it would be right for me to ask him to come along?

Yes, I understand your question. There is no reason why this one should not join us. So, if the dear lady is willing, then I am happy to accept.

Lilian: I think one of our other friends has got someone in mind as well, but I will let her ask you I think.

Yes, I would prefer to hear the voice that intends to ask, please. I do not mean this unkindly to you, but it helps if I can hear the question from the one who asks, you understand?

Lilian: Yes. Any questions Doreen?

Doreen: Yes I do. I recently came into contact with a lady who was of a different nationality to myself and we therefore could not communicate except by a smile and, at the end, with the holding of hands, and for some unknown reason, I felt a desperate sadness when I departed from this lady. I was in another country at the time and I might be asking rather a lot here, but I wondered if you throw any light on the reason for such a strong emotion for someone I knew nothing of.

Yes, I would say this to you my dear friend: why are you surprised? (*chuckles*) Yes, always, always you are surprised. You *do* doubt at times the sensitivity within you. This, if I might say kindly, is a little failing on your part.

Doreen: Probably quite a big one at times!

No, no, but you are a most sensitive person to all of these communicable vibrations. The lady you speak of —hold please. (*pause*) Have you been told my dear friend of any of your past existence?

Doreen: I believe that I was part of a brotherhood of monks at one time.

Yes, but you have been part of much, much more. You my dear friend have, let me say this to you: been part of *travelling souls* at one time. I am not here to give each one of you personal experience of different lives. These dear friends who you sit amongst this time, know this well. I have provided them with one lifetime when they came together, but on this occasion, I will say this to you, that you have been a traveller in one particular lifetime, which has given you the

sensitivity to others that you meet. This sensitivity has come forward to you in this lifetime. I do not want you to feel saddened by the experience. It is a knowledge you have within you, but because of your *earthly disposition* shall we say kindly, you tend to impose upon yourself many restrictions. Do you understand what I tell you?

Doreen: Yes I do indeed.

It is not necessary for me to tell you and I know you *feel* do you not, that this sadness was created by something you would term '*sad*' in your life—but that is not true. The sadness is within *yourself*, not sadness from another. Do you understand?

Doreen: Yes I think so. I was sad that I could not communicate with her and I felt at a loss.

But it has given you the opportunity to know and *understand* that communication needs no words.

Doreen: No the communication I think was in the smile and in the touch of the hands.

Yes, yes, but what you need to learn, if I may say so, is that communication when used in spiritual terms needs no words, no touch, no look.

Doreen: It is a touching of the souls.

Yes, it is a spiritual meeting which has created the sadness. It is a recognition of past times, when there have been many partings. Do you understand?

Doreen: Thank you very much indeed—Yes I do, that has made it much clearer. I am very grateful to you, thank you.

Lilian: I don't know if you are able to explain. I was reading earlier before we came in here and we were talking about perception of our planet and so on. People on other planets, do they have free will as we do, or are they more spiritually aware and don't need the free will?

Yes, the awareness is given to every individual soul. Firstly let me say this to you: This planet, this world that you inhabit, is a planet of learning, is a planet of opposites. That is why mainly, human beings in their task of evolving were given free will. But of course occupants of *all* of the cosmos possess freewill, but because of their higher consciousness it is not always necessary in the same way that you upon this planet need to use your free will. Do you understand? (Yes.) Without freewill, you people

upon this planet would be confused, would be spiritually inept. I do not wish this to sound disrespectful—you know that is never my purpose, but this planet is so young. This planet is so very young that all souls who come to inhabit it, come to learn. That is what you must always remember about this earthly planet.

Lilian: So is there a time when perhaps we have been to this earth however many times is necessary and we have learnt all that we can learn spiritually, people who have been on the earth are we ever born on another planet?

You can be, but why do you need to be? Again we are going to return to the Power of Thought. When you have reached such a stage as full awareness where you no longer need to return to this school of learning, then of course you have the opportunity to grow, to become more spiritually adept. In those situations therefore, you would have the opportunity to be recreated on another planet, but not for the purpose of learning as you do here, it would be for experience of spiritual growth, never to return to relearn those lessons that you have left behind so many times before. That is why you return time after time after time. The power of your freewill creates the action, which brings the reaction or *karma* as is so often used upon this world. Do you understand? (Yes.) Therefore the opportunity lies before you to be upon other planets, if that is your desire—but the desire is a spiritual one, whereas those who reincarnate upon this earth, do not always fully enjoy the task to begin with; that is the difference. Do you understand, if you do not, then please let me elaborate for you?

Lilian: Yes it you would please.

Often I have told you that you are *many* parts, *many* aspects to the soul, but it would not be the aspect of the soul which would wish to return to this planet, it would be a *higher* aspect of the soul which would wish to visit other planets of greater awareness. Does that make sense? (Yes.) I am touching on new fields of knowledge here, which I don't want to enter into this time, but I hope it helps you to understand a little more how the soul works.

Sarah: All the while we are searching to better our soul, do we ever reach the perfection we are

seeking? Do we ever reach our goal or is it always ever changing?

Yes, I have answered this question for you before, that because all life, all energy is ever moving it can never become static. Therefore there must always be *seeking* towards that *point*, that *point of energy* from whence we all became, when we began our '*lives*,' if you wish to describe it in that way. The energy patterns are always there for us to seek and many, many of us have reached a point of Light and knowledge, but none that I know of could possibly tell you that they had reached a point, where there was no more movement, no more action, no more energy. That question belongs sometime far within your future. The knowledge is there, after all, have I told you not that *everything is, has been and will be?* (Yes.) **Many, many times—but also I have told you that energy is everywhere.**

Sarah: Yes, thank you very much.

Doreen: Could I ask another question?

Lilian: Please do.

Doreen: We have been told many times that because of all the troubles in this world, our friends on the other side were trying very hard to help with the troubles that are going on; I am talking about all the major disasters in worlds where there are a lot of refugees, a lot of really big trouble spots. I am just wondering whether they are having any success in trying to alleviate all the suffering that is going on throughout the world. I think it's a terribly difficult task.

Yes, again I think my dear friend, because you have not been within these meetings often, you would not realize that this subject has already been touched upon.

Doreen: Sorry for repeating—

Not at all—when first I came to you I said that I had waited many, many long times. I also said that there were many of us within my world, who came, not only here, but all over your world to help in order that the truth this time would be accepted. Our influence, I have to tell you, is slow, but I believe if you look throughout your world, you would find that spiritual consciousness, awareness is slowly being raised. That what you would call your traditional religions all over this world, are being questioned by—I say your words, *ordinary*

***peoples*. When that asking began, that was the beginning of change within your world. There will always and I have said this to my dear friends before—there will always be natural disasters, because this planet also belongs to a cosmos, whereby this planet has its own evolutionary place within the cosmos. So, there will always be natural disasters, there will always be—again I use your terms, *karma* of this earth to be reckoned with. But I will say this to you and I have said it many times before, we cannot this time fail in our task to help you *people* upon this planet to *recognize* that *spirituality* within each one of you. Therefore my answer to you my dear friend is that '*yes*,' we are making progress in that direction.**

Doreen: That's very reassuring, thank you very much indeed for your answer.

Margaret: Could I say something please? (Yes.) Thank you very much about giving me advice about what I do with my body when I die. I have spoken to my family and they have agreed to abide by my wishes. It has made me feel so happy that I feel a bit guilty about it.

Yes, again here we have the introduction of guilt and fears. Why do you feel this way? It is the ultimate gift you give to mankind before you return home. To be able to consider, to think *clearly* upon your life—let me say this to you my dear friend, that in your deep thinking you, in effect, have freed yourself from these earthly chains. That may seem to you rather a large statement, but you, out of so many within this room, so many who have come, so many who have left—you my dear friend are one who has grown much. This I say to you with great humility and love. You have reached that point, when you can offer to humankind those last remains which can help others. Therefore I say to you, now that you have made your decisions, accept it with love and you will be free.

Margaret: Thank you very much.

Now my dear friends, I think for this time that I will leave you. I will say to you all that each one of you abides within my thinking, within my love, within my protection. Therefore, as I leave you this time, allow yourselves to feel those who come close to you once more. (*general thanks and farewells*)

One followed through Eileen, to say that Doreen would be used. The expected guest began speaking through Doreen shortly after:

Good evening to you my friend. Well that put me firmly in my place, did it not?! This is not my usual place for speaking and I did not want to intrude, but now I know that I was meant to come here. It is very nice and it is nice to be with new peoples. I wonder if you would be happy to try a little something with me tonight. I do not know what you would normally expect, but I would like to see if we can create a little picture for you. I would ask you please to sit and concentrate just for few moments towards the centre of the room and I would like you to tell me what you see. You may sit with your eyes open or with them closed. I would like all of you to partake in this please if it is possible.

Everyone did as they were requested and the following comments were made:

Eileen: I have a picture of fir trees with snow on them and I am not sure whether it's a snowman or something like that, but it's got a very smiley face which makes me want to laugh.

Very good my friend! You should not necessarily see the same picture. This is, if you like, to help with your awareness. Does anybody else see a picture? Do not worry yourselves if it does not come. If it is something that you are not used to doing, it might not be so quickly observed. Can anybody hear anything?

Lilian: I can't hear anything, but I am aware of laughter.

Eileen: I can hear the sound of almost like a dripping tap. It is going drip, drip, drip.

You are very close.

Sarah: I thought I heard the sea.

Eileen: I think it is a waterfall.

Thank you my friend. Can anyone else hear the waterfall? Water is a giver of life; it is a great source of power. There is much natural power within your world as I am sure you are aware.

Lilian: This is why we are drawn to water, is it? **That would be one of the reasons, my friend, the same as you are drawn toward the green of the trees and the fields. Do you not remember when you have been to an area where there is much greenery, forests and such that you come away feeling more at peace with yourself, you feel**

revitalized? That is nature at its most wonderful; it gives so much and asks so little in return.

There is much in your world that you call grey that you cannot take great spiritual comfort from and nature is the most giving.

The recorder stops just a little before the conversation finishes, but fortunately the main points had already been made.

~8th November 1999~

Good evening. (general welcomes)

Forgive the delay this time. I wish to say to you this time my dear friends, that we offer welcome to the new guest this time. This one has oftentimes had restless heart, therefore if you are agreeable my dear friends, we will give this time to your questions. I feel that it will help the gentleman who comes to us this time. So, shall we have your questions please?

Sallie: There is a woman who I have known for a period of time who has expressed an interest in coming along here. I didn't know what to say to her, because we have only been formed as this group for a short period of time and Lilian thought it would be best if I asked you whether that would be okay.

Yes, we did speak upon this matter and I did express a desire to hear your voice. The lady is welcome to join us, but I will then tell you whether I feel she is suitable for constant—how can I put it to you—if she will be suitable.

Sallie: I would appreciate that, because I have no way of knowing—

Yes, you are kind of, how would you say, in a quandary over this one.

Sallie: Yes and it's not very polite for me to say that to her.

No, therefore I am happy to accept her here and we will make the decision if she is bonding with the others within this meeting.

Sallie: Thank you, I'll give her a call later on this week and tell her that.

Lilian: So if we invite her along as a guest for one evening.

Yes, I would prefer to speak with the lady, yes.

Lilian: Colin, do you have any questions?

Colin: I know you have been asked this question before, but if as I am led to believe, that nobody

goes before their time and suicide is a transgression of natural law, **(Yes.)** then how does that fit into the equation that nobody goes before their time?

Because, my dear friend, what you are overlooking is the matter of freewill. Each soul which comes to this planet is endowed with their freewill. Each has a course to follow as you have stated, but mankind is not always so out-looking as far as truth and knowledge go. Therefore they do have—and I will say this to you strongly, each one has within them the power of their own living. So I would say to you this, my dear friend, that man alone has the power over human existence. If he wishes to destroy his time upon this planet, then he has to face the consequences of those actions.

Colin: Putting aside suicide, **(Yes.)** are there any other circumstances whereupon somebody went before their time, not through their own choice—I mean obviously how you live your life *is* your own choice, **(Yes.)** but apart from suicide—I don't really know how else to explain it.

Yes, there are occasions of course when mankind has destroyed another of your kind before their time is up. We have had recently—and you would not be aware of this, my dear friend, of a gentleman of many years, who ran this group on many, many years and was in full knowledge of Laws of Spirit, but because of the Power of Thought, he actually passed to this life before his time was up. You must remember, and I will state it once more and without apology to my dear friends here, the power of your THOUGHT is the most powerful *thing*, the most powerful thing that you possess.

Therefore, the Power of Thought can create for you, many situations in life which are not beneficial to you. Do you understand, my dear friend? (Yes.) Therefore, people have power over people, as you are well aware from the, what you call, catastrophes of your world. Mankind goes against his own kind. Therefore there are many, many times, when people come to us before their chosen time has arrived.

Colin: Thank you. Can you be sure then—an example, say of a plane crash, when a large group of people are killed. How do you sort out in your own mind whether all those people were brought

together in one instance, because it was *their time*?

Well, how are you to know? (Exactly.) Yes, I would say to you my dear friend, you are creating within yourself many questions, which you will never truly fully understand the answers to, until you do join us in our world. It is as I have taught, or tried to teach my dear friends here: who are you to know what is good, what is bad, what is wrong, what is right, without the wider knowledge of that Spirit that is the true *you*. You have to look within for all of these answers. *You* will never have an answer to these many questions, which will be clear-cut. It is not so simple; I have stressed this on many occasions. Are you happy with my answer?

Colin: I thank you for your answer, but I just like to know, you know?

Yes, you are ever seeking, ever searching. You truly are, my dear friend, a nomad of Spirit. Always you will seek, always you will search, but the time must come when you *accept* and *know* and *understand* that all cannot be revealed to you, whilst you are clothed within these human garbs.

Colin: I understand that.

Yes, so I would suggest kindly to you that perhaps you learn to accept a little more and not to question so.

Colin: Okay. Sometimes you need to ask, because you don't know which questions you *will* find the answers to and those you will not unless you look.

Yes, I do not say '*do not seek*,' there is a difference. You must always seek, you must always seek *within*; the answers to all of your existence lies within each one of you.

Sallie: Salumet? **(Yes.)** Also there isn't one answer to anything, is there? There are so many different answers to so many situations, there's never just one answer to anything.

You are growing wise. Your reply encourages me to see how much you have grown. You will *never ever* know—have I not taught you that all life is ever moving, ever changing, never static?

(general agreement) So you cannot have any one situation that has only one answer, after all your perception may be entirely different from another of the same situation. You must always remember, you are endowed with this freewill. I

know sometimes many of you feel that this freewill is nothing but, how you would term 'trouble,' but it has been given to you for a purpose and that purpose is that you learn to grow, to allow your awareness to grow, that you make the right choices in this lifetime. So, although these choices and this freewill at times seems troublesome, remember that the purpose behind it is a good one.

Lilian: Any more questions?

Colin: I have one more. At the moment in this incarnation I am learning in a human being's body in a physical body. To gain *all* that knowledge that is there in order to go back to the Source, what other things must I do—I mean we have plant life, we have mineral life, we have animal life—to obtain the knowledge of the Source? Would I not need to experience those forms of life at some stage?

You *are* experiencing those forms of life. You, my dear friend, as each one of you are, are the *whole* of all of the elements that belong to this world and to the Cosmos. Every human being is a small part of the *Greater Cause*. After all, what does a human being consist of? You consist and need all of the elements around you, you need the air to breathe, as does animal and plant life and all sources upon this world; you need water, you need earth, you need fire and, you see, my dear friend, all of these things are contained within. Therefore, to find the understanding, to seek and to search, you must go inwards if you are to become focussed on that *Divine Energy* from which you come. *All* is within you; if only you human beings would realize this, so many of life's problems would disappear. You do not need to separate yourself from plant life, from animal forms, from the air you breathe, from the water you drink, because you see, you all come from the one *Source*, therefore you all have the same elements of energy. Do you understand what I say, what I am trying to explain to you? (*general agreement*) Each one of you is individual and yet, as the others within this group know, you all need each other, you all *intertwine*, because you all come from the one Source. Therefore my dear friend, I say to you, look not outwards, but look *within*; there lies all your answers of this lifetime, not only this lifetime, but the many which have gone before.

All knowledge is within you. Use it wisely.

(Thank you.)

Lilian: Can I ask you about the food that we eat? It's quite obvious that more and more people are becoming vegetarian. Is that in any way helpful to the spiritual self?

I believe when first I came to you, this was one question put to me. If you can remember, I will state briefly for you what I replied then. My answer to you was this: That it would be best to refrain from giving animals for food, but it depends on the purpose of why you would wish to eat their flesh. In itself, it is not wrong, but for your spiritually, I will explain this once more. To have true compassion, you must have compassion for all things upon this planet. Again we come to freewill and your purpose for eating the flesh of an animal. If that purpose is to sustain life, if you thank that animal for the flesh it supplies, then you have in part helped yourself to that state of being, which helps you to gain more knowledge of the animal kingdom. Do you understand?

Lilian: Yes. Unfortunately, I don't think we remember that enough.

I would say to you, in this world of yours today, there is too much suffering when it comes to the farming of animals for food.

Lilian: Yes, but people are beginning to realize that, I *hope*.

As awareness grows, so too does the knowledge that the animals have as much right if not as much or more as the human beings who tread this planet. That would apply not only to the larger animals, whether they be domesticated or in the open spaces, but to all forms of life. Without respect for all things, you cannot grow; and remember too, that when you come back home to this side of life, you will *see* all that you have thought, all deeds that you have done and you, and you alone, will be responsible for those deeds. So my ultimate answer to you is that it would be best to refrain from the eating of flesh, but again it depends on the reason why you do this. Again there is no *one* clear-cut answer and there is in your world much dispute about this subject, but be careful not to judge, because in judging unwisely you create another problem. So remember my dear friends, judge not, because until your awareness is such, you could

be making a mistake about another human being. Therefore I say to you, judge only yourself if you must, and I say to you this: that in doing just that you also can be making an error of judgement. Do you understand? (*general agreement*)

Lilian: In your earlier coming to talk to us, you referred to a group of people on this planet who are space travellers who are highly intelligent and so on, which was not known by people today. Watching a programme on television, there is a group of people who are looking for proof of such people who you have told us about.

Yes, have I not told you that all new teaching that I bring to you, will around your world be confirmed by many? (Yes.) I also told you when first I came that many discoveries are still unfound, but as time goes along there is much that will be discovered. Many concepts and ideas within your world, have been, shall I say, *falsely* put to many people. The Truth is about to unfold in the many, many years to come. I told you also that this time the many Masters who have come to your world this time, have every intention of making sure that only Truth be known. There have been too many contradictions in your world.

Sarah: The medium that you are using Salumet, was talking to me before the meeting and she said that she had a very strong feeling that colicky babies, had a sort of resentment of coming back. Is that correct what she thinks?

I would not agree entirely with the lady, but in part yes, she could be correct. You know of course that the choice belongs to the soul, when it wishes to reincarnate into the human form, but also you have been told that some souls, although they know and understand that they need to reincarnate for the purpose of the soul's growth or for another reason—and there are many reasons as you know—some still feel that to have to return to the human form is not quite what they would desire, but they know that it is best for them. Therefore in returning to the human form, because of this feeling of—not resentment that is not a word to be used, but the feeling of *holding back*; it can create within the new life form many problems, which would take some time to subside. So in part the lady is correct, but not entirely.

Sarah: Thank you very much— (*pause*)
Well, you are all very quiet this time.

Mark: I have just thought of one question actually. You mentioned that there are many reasons why a soul reincarnates, apart from their own personal growth. (Yes.) I can think of one other reason that the teachers come down to teach us, I suppose, but what would be the other reasons?

The other reasons, there are many, many reasons why the soul decides to reincarnate. You know that in the many times there are connection with, for example, people who have a close contact to you in this lifetime, you may have been closely connected to in past times. It might be your purpose, for example, to join a loved one on this mission, if you wish to call it that—this mission of learning. To be supportive of another also enables the soul to grow, because it is done with love, without selfishness. There are many, many reasons. Yes, you must be aware that it is not solely for the purpose of an individual growth. In the same way as upon this earth, you grow from giving love and help and suffer to another—that is the biggest growth. After all, have I not just told you that everything is within you. All growth is *there*, all you have to do is seek for it. But in giving love to a child, to a friend, to a partner, then indeed you are giving much of yourself.

Sara: Is this where the greatest, deepest fulfilment and contentment comes from, giving of ourselves to others?

What is this—if you cannot give love, you have *nothing*.

Sara: Yes, so the greatest purpose (Yes.) of being here is to serve others.

Unselfish love can only help you to grow. After all that is the purpose of life. Not only your own individual growth, but to help others, not only human form, but your planet. After all, the evolution of this planet is important within the scheme of all life. You must be aware of the wider issues *always*. Try to free yourself from this chain of thought, which binds you to *one* thinking, one part of the soul. After all, have I not told you that this lifetime belongs to one aspect of the soul only? So you must always seek that *higher* and *wider* awareness.

Sallie: And also, if as Sara was saying, that one of the greatest things we can do is to *give* to all aspects of creation around us, we are actually giving to ourselves as well, aren't we, because if we are all connected up, whatever we are giving out is being return to us in an extraneous circle. **Of course, that is why I teach you that energy is ever-moving. If you could but see yourselves on this scale, on this energy scale of always giving, then indeed your Light would shine brighter, brighter, wider within this scheme of life. You have to remember that, as part of that *Divine Energy* from which we all come, you are but very small within this scheme of life. All of you upon this planet are here to learn. Each one of you is given the opportunity many, many times. You are each given the help, the upliftment and the encouragement, but you, as the individual aspect of the soul, must also play your part. This planet, as I have told you, is very young in terms of its evolution. Therefore, the souls that are here in these human forms, have great responsibility for the welfare of not only yourselves, but the planet as a whole. Can you understand how important this is? (Yes.) That is what you must seek for, not only your own individual growth, but that you become part of each other, that you radiate that knowledge and love which you gain to all corners of this world, this planet, in order that this planet *also* radiates out with love. We are touching on deep matters again, but for now we will leave it there. I would like you this time to think about this planet and its position within the Cosmos. Feel it become part of the *greater whole* if you can, and to do that you must go *deep* within. I would ask, my dear friends, this time that you ponder upon my words and we return to this topic once more. Would the young gentleman like to ask me any more questions before I leave you this time?**

Colin: Yes I would, just one more. You say to go within. I think most people here probably meditate, but is there a more positive way of tuning in spiritually?

You mean is there a better way to find yourself than to meditate? (Yes.) No. What is meditation? It is *prayer*; but it is prayer which is seeking that within. It is not external, it is a prayer of trying to know yourself. Therefore, in meditation you are allowing the human aspect of you as you

know yourself now to be forgotten and the soul to come forward. You go deep within that spiritual light, that spiritual knowledge, which has the answer to all questions. Therefore I say to you, to meditate is the answer to all things, all things spiritual.

Colin: Would you be able to advise on a more suitable way for me to be able to relax and keep an open mind?

Yes, you my dear friend as I have said earlier, are a nomad—you are ever seeking, ever searching. You have in common I think with our dear lady known to us as Sallie, a very active mind. You have to allow the mind to become still and to become quiet. And to achieve this you must allow yourself to accept that meditation comes from practise of offering yourself to the *Divine Energy within*. There is no quick, no easy way. You have to allow yourself the quiet times of meditation, of prayer. You can of course call upon those who stand close to you to *help* you, to still that mind; but I would say to you my dear friend, in your meditation time I feel for you personally that the *outdoors* would allow you reflection time to create a peaceful mind.

Colin: Yes, I think I have proved that to myself, thank you.

Yes, you need the open space, you need that reflective time for yourself, then you can come together with others and allow yourself meditation time with others; but I feel for you at this time, it is difficult. Although you have much knowledge, have known much, but within you are still rather searching too much. Therefore, find yourself that freedom, that reflective spot for you—you will recognize—and I feel that soon you will know of somewhere where you instantly feel at home in order that you may sit quietly there; I think this will come to you shortly. There is much you can do, there is much you can give, but I feel for you my dear friend there are many questions and answers that you must provide for yourself. That is the best source of information—*yourself*. Do you understand?

Colin: I do, thank you very much.

Now, my dear friends, I thank you for your welcome this time. I hope you will think upon my words and I wish for you that those words will invite you to continue in your thinking. I

leave you now in the knowledge that I am always with you. (*general thanks and farewells*)

~15th November 1999~

Good evening. (*general welcomes*)

This time I would say to you that many divine blessings be sent to those individuals who are not present here this time. I have, my dear friends, been aware of many thoughts and questions from some of you. I would say this to you: that you will receive the answers to those questions in time. Because we are few in numbers once more, I will speak with you again for a short time and then we will devote some time to each one's own individual development. So, my dear friends, if you have questions for me let me try to help.

Sarah: Only one or two aspects of us come onto this Earth as human beings. If one part has done wrong and is back in Spirit World, is it possible for another part to come here to learn whilst that other part is back in Spirit world?

Of course. You might confuse yourself if you begin to individualize each aspect of the soul. I know this is probably the easiest way for you in your understanding. Although there are many aspects to the soul, until each aspect is joined in what you call *Spirit*, the knowledge of the other who takes the human form is separated from all knowledge of the rest of the soul. Try not to see the different aspects of the soul as individual—they are not; it is a whole which at certain times becomes separated. We are speaking of deep matters when we speak of the soul, because the understanding upon this earthly planet is such that you see only one aspect which is in human form. But do you not realize that all aspects of the soul, as you say, *are* within the human form, but to a minute degree. (Yes.) The whole aspect of the soul remains in the subconscious of the human being. Do you understand or are we becoming too complicated for you?

Sarah: I think I understand, thank you. It is not what you would term black or white. These answers I give sometimes may seem vague, but that is only because your understanding would not be capable of receiving the information—not at this moment in time anyway.

Lilian: Once we are back in the Spirit world, we do understand, do we?

Yes, a much wider awareness, of course and the conjoining of all aspects is of course quite natural. There is nothing separate or individual about that union.

Sarah: But when one part that has not done so well here—

May I be so rude as to interrupt your question? (Yes—) May I say this to you: You cannot judge whether a soul has done right or wrong, we have discussed this topic I believe on numerous occasions. So do not fall into the trap of trying to say what the soul has done right or wrong. You do not have that knowledge or the understanding or the awareness to make such a critical judgement. So be careful in your thinking.

Sarah: Yes, I wasn't actually pin-pointing anybody, but I thought that I understood that, if by chance you had not done as you had intended to here, **(Yes.)** you went into a lower level, as it were, into darkness over on the other side until you could get out. You haven't then rejoined your Spirit? **(No.)** How does that work?

No, well, you must not consider that all aspects of the soul are at the same stage of evolution. We really are on deep matters here. Of course the part of the soul which has come to this Earth to learn, if that soul remains free of any teaching, of any learning, then of course when they return *home* they must take the station which they *deserve*. And of course, you are right, the aspect of the soul which remains, shall we say, 'unlearned'—is that the correct term? (Yes—) They would not return immediately to the whole aspects of the soul, but that does not mean that they are ever *lost*. But yes, I see your meaning now, *yes* that one aspect of the soul would have to regain its status, if you like, before it can grow and join other aspects of the soul.

Sarah: So it would have to come back here again? **Not necessarily, we have spoken on this too. It is not always compulsory to return in human form, but most souls when they return to our world know what they must do for their own spiritual growth.**

Lilian: Do they?

Of course. Yes, they are given advice, they are *helped* to come to the realization of what is best for them. But that is not to say that they are always keen to come back. (*chuckles*) We have spoken briefly again, but they do know whilst they are in Spirit form what they must do. I would say very few wish to return to the human form, but we have said before there are many reasons why you would wish to come to this planet of learning, and of course, we must *give our respect*, if you can accept that phrase, to those who come under some degree of—how shall we say, I think you would use, ‘*pressure*,’ pressure, yes. I don’t feel that is an apt description, but it is one I think you might understand.

Sallie: Encouragement? They are *encouraged* to come back.

Encouragement, I thank you. Has that helped you in your question?

Sarah: It has yes, thank you.

Lilian: Sallie, any questions?

Sallie: It was something that Sarah mentioned and I can’t see it in the same way: Talking about *levels of darkness*, I don’t see that it can be like that, because we are, as I see it through your teaching, that we are responsible for our own judgements and we make our own judgements on our own behaviour, (Yes.) and we have our friends like yourself who will encourage us to look at what we can do. (Yes.) But these places of darkness, they are self-imposed aren’t they?

Of course—yes, you are the judge. Your actions in this world will determine your placement in the Spirit realms. Of course, no one places you in places of ‘*darkness*’—that is what you have sought for yourselves; it is self-inflicted, but many of the teachings that have been given to you human beings over many aeons of time, have described these places of what you term ‘*darkness*,’ not very well. They have been termed—shall we take an example of your Christian teaching, being called ‘*hell*.’ Yes, I think you are familiar with this term, and of course, there is no *burning fire* as that religion would teach you, but of course there is the hell of your *own* doing. But you are fully responsible for all places that you find yourself, but you are never left alone.

Sallie: We talk about forgiveness and understanding— (Yes.) —if that’s the case, even if we have made grave errors of judgement in our behaviour whilst we are here, (Yes.) I can’t see why it is necessary for us to put ourselves in places where we would go through mental torture—punishing ourselves—

I know what you are trying to say, but what you must remember, try to forget as I have told the lady about individualizing the soul. The soul is *energy*. What happens is that the soul who has led a lifetime of what you would call ‘*wrongdoing*,’ is in fact extinguishing the light energy until *all* becomes darkness. Try, my dear friend, to see this on the wider scheme of things. We are on difficult grounds, I know. If you try to see the soul as human, you will never fully understand; try to see it as light and dark. All is energy, that is why in times past, I have tried to explain the wrongdoings of others and why they poach upon innocence. It is in spiritual terms the seeking of the Light. Always try to seek the *spiritual* answer. Look within; try not to make for yourselves these complicated issues.

Sallie: I know you are right and I suppose it is just a human failure, but I could not bear the thought of—

Yes, I understand what you say and yes, if you look at it in that way then you would never, you would never, ever be able to forgive in that sense.

Sarah: But you know yourself when you go over then you immediately see what it is that you should have done, so, as you say, *you* put yourself in that position yourself, because you know that is not what you intended to do.

Yes some souls, but those that are lost within the mists of their own wrongdoing, are not aware at the time of coming to our side of life, because they are in effect, *lost*. You should have some understanding, after all because you have done what you like to call ‘*rescue work*’ with those on our side of life. (Yes.) Therefore your knowledge knows that not all crossing is easy and instantly recognizable to the soul or others.

Sarah: Does that mean that all the rescues that come through that have got lost in the mist, have all done wrong?

No, no, you cannot class together all lost souls under the one umbrella of *wrongdoing*. Some

are lost because they do not believe that there is existence after the human form. So, be careful in making judgement there.

Sarah: Yes, it hadn't actually dawned on me that, but when you said they were lost in the mist, I just put the two and two together—

Sallie: I suppose it's similar to people here on this Earth level. Some of us feel lost in the mists here, don't we?

And may I kindly say that that also is your own responsibility. Is that helpful to you? (general agreement)

Sara: Even if by the time we leave this Earth, we have evolved much spiritually, do we still have to relive every moment of ignorance—all of the ignorant things we have perhaps done in our lives, even if we may think we have tried to correct some of them. Do we relive everything in our earthly life when we come over to your side?

Yes, all is made clear to you—

Sara: What a shame! (*chuckles*)

Yes you cannot just see the good moments.

Sara: I don't mean just the good, but I wonder if *everything*, I mean the *whole* life.

Every second of your existence will be shown to you. (Oh!) Many things that would, at this time, seem very insignificant to you, all of these things become magnified. But do not despair, because most souls return to our world and realize how much good that they have done. When we speak of darker realms, I want you to know that it is the minority. Don't be afraid—do not place upon yourselves fear or guilt—we do not wish you to do that. Most human beings have more *good* than *wrong* within them. And after all it is the gestures that you are unaware of which spiritually are the greatest. You seem surprised?

Sara: So it isn't always a very harrowing or painful experience to relive the earthly life—to look again?

I would not say painful, but to most I would say there are some surprises. (I'm sure!) Yes, but all of this happens very quickly and quite soon after you come to our world.

Lilian: So, if there's something we're really, really, sorry about at that particular time, we can put it right, can we?

Of course, the opportunity—can I say this to you, that the *recognition* is the greatest part of the *putting right*. (I see—) In recognizing that

your actions or your words are wrong, you have gone most of the way in correcting. But can I just say this to you, that if you *know* you have done something—and you *do* know, you intuitively know when you have—and I would say this to you before I continue, that the worst thing you can do is to hurt another human being, not only with actions, but with words and above *all* with your thoughts. I would say this to you, my dear friends—and this is important for you to know: If you can put right a wrong, then do so while you are upon this planet. And, I will repeat myself: it *can* be done with the power of your *thought*. It is much better for the soul if you do that whilst in the human form.

Sara: If you have a situation where you would like to communicate love and peace to another person, but you really don't know if they are receptive to the written or spoken words, then is it best to just send thoughts?

Again, you are trying to judge. If you know that you need to send loving thoughts, then by all means do so. The only thing I would say to you is you must *never* interfere with your thought onto another.

Sara: But you can send your love—

But if it is loving thoughts, of course you can. Loving thoughts are always good.

Sara: Yes, because occasionally there may be a situation where it may be more comfortable for me to send loving thoughts, than perhaps do it in a physical way—or it's easier perhaps?

Yes, this is a misconception that to put right something you know you have created that you need to create action; this is not right. The power of your thought—after all, what happens is that the spiritual aspect of yourself is in contact with the spiritual aspect of the other person. It is nothing to do with the human form. That is why it is much better to put right anything you feel you have done to hurt another. Use your loving thoughts to put all right.

Sara: That's very nice to know, because in many ways it's easier sometimes to use the mind.

If you use that thinking it is easier, then you will not create what you are attempting. Has that helped you? Sara: Yes it has.

Now I feel that for this time, my dear friends, I have spoken enough. There are many here this

time. Please allow yourselves to open to their influence and see how you can be helped individually. I leave you; as always know that I am always with you. (general thanks and farewells)

~22nd November 1999~

Eileen was on holiday and therefore Salumet did not come through this time. Sue said that she saw Leslie coming towards her and then going away again. Other members of the group also felt that Leslie was around. The first one came through Sue:

Greetings from the far realms—I have to tell you that in your room there are many, many Spirit doctors and physicians this time. It is more in one place than has been seen for many, many times. Even more than on your normal healing evenings and we are hoping that we can help some of those whose thoughts were given to us this time. We know in particular that there are some who are chronically sick and are suffering greatly and we are here this time to see what we can do, but obviously we cannot give you results immediately; only in time when people see whether these poor people have improved will you know whether this mass healing evening has been somewhat successful. Are you all willing that we should try? (general affirmations) I will please ask each one of you in turn if there is a particular name you wish us to focus upon. I ask please for only one name from each of you. You may silently ask for help for others if you require it but I ask please this time for only one spoken name.

Each sitter named someone and the control through Sue mentioned the name of the Spirit doctor who would be helping on their side. **If you could all please concentrate on your chosen people, speak to the doctor who will be at your right hand side and imagine please the healing blue light encompassing this room and all the physicians within. I thank you for allowing us to be here and we hope we can be of benefit to all those suffering and in need of help. We did as was instructed for about 15 minutes, before the one through Sue returned: Our doctors will continue but there is no longer any need for each one of you to concentrate**

your thoughts. The physicians will remain here and will continue their work. I have to say that you may find that their healing presence will be felt at times when you enter this room on other occasions. It has been decided that part of the Spirit shall raise a mirror image of this room will be made into a healing sanctuary. We feel that the love which is given into this room can be used as an energy source for healing power. So, it may be difficult for you to understand, but I ask you to imagine that a similar room on a different plane of existence, will remain and be used as a sanctuary for healing. It is a small 'thank you' for all you do and all you will continue to do. I hope it gives you a small feeling of worth. (affirmations) All of you should feel that you have some worth, because my dear friends, without people like yourselves, our work would not be as straightforward as it is. I use the word 'straightforward' but it is, of course, far from that, but we will not talk of complex matters this time. Let us leave here with easy thoughts and not too much questioning, you understand me? (Yes—) But be proud of yourselves, my children. You are all good souls, some of you very old souls, and we are proud to work alongside the likes of yourselves. We will leave you now and trust in the power of love—send out only loving and caring thoughts and be kind to one another. (general thanks) There then followed one through Sarah, who appeared to be speaking quickly in some unknown language. (possibly Incan) One through Sue then returned and brought the evening to a close.

~5th December 1999~

Good evening. (general welcomes) I thank you this time for your patience, but the instrument I use has a dryness of the physical throat, which I am dealing with. This time my dear friends, I want to say to you this: Your thoughts are never passed by, those thoughts which come to me are never forgotten, but I would say this to you, do not expect that we answer you as quickly as you would wish or in the way that you would desire, but know that your thoughts, when used correctly, reach me, stay within me and eventually I will do what I

can to help each one of you. (*general thanks*) As we approach this time of your earthly year, when there is amongst humankind much kindness, much goodwill, it gladdens those of us from this world who endeavour to help all of you to know that humankind has within its heart the love and the joy that each one of you is deserving of. It also saddens us that this goodness, this love that is shown to others at this time of your year, is not used *all* of your time. I know there are many such happenings and much talk amongst you on this earthly planet at this time, because of what you call a new millennium. Let me say this to you my dear friends: it is but a passing time. There has been upon this planet many, many millenniums, but what I wish to say to you in respect of the one approaching is this: That in the span of time of the Earth's next 1000 years, there will be many changes, many changes that humankind will be able to achieve. There will be a new time of thinking, a time of awareness of all things, of all matter and the changing structure of the universe as a whole. This planet will reach the stage in its evolution within the next 1000 of its years, where people upon this planet will *know*, will know that the only true pathway is within themselves. Your scientists and your physicists even now are struggling with new knowledge, which I hasten to tell you comes from our world. They are beginning to see and to understand just a little about the makeup of the physical being which houses the Spirit. They know already that there is more to life than the physical contraption of the human body. I tell you these things, because although my dear friends by then you will past to our side of life, I wish you to know that the work that you have undertaken will continue. This planet Earth at last has reached an understanding of the destruction that mankind has wreaked upon itself. This planet has reached an understanding that mankind is *more* than at first he thought. Mankind has reached the understanding that *all* religions are but *one*, and mankind will recognize that there are many who walk this planet who have come to give them divine teacher.

Lilian: And they will be recognized, will they?

They are recognized, but in this new time which so many are seeking, there will *be* much more awareness. Our work upon this planet will be far-reaching. It seeks out those people who have been lost before to this knowledge. Mankind has reached the time in the planet's evolution, where he cannot now deny Truth.

Lilian: That's wonderful news.

I want each one of you, my dear friends, as this '*New Millennium*', as you call it, approaches; I wish each one of you to look within and to know and to acknowledge that you have the awareness now of what lies before you, because my friends, you *do* have this knowledge and it is within each one of you. As always, at this time of your year, I will withdraw from you for a short time. I will return, refreshed I hope, with new teaching for you.

Lilian: We look forward to that.

We have had much coming and going in these previous times, but no matter what the number may be, the established link must now always be used in order that I can now begin to give you new teaching. Therefore, when I return to you my dear friends, there will be much for you to learn, to acknowledge, to dissect, because I know you have not yet reached the stage of *acceptance*, but I am happy that you will take the information given to you and think about. On these words my dear friends, know that you are surrounded always with my many blessings. I will endeavour always to help you if I can.

Lilian: We are grateful. Can I just ask you one question about the lady who came last week as a visitor?

Yes, please.

Lilian: Should we invite her to come as a regular? May I suggest that the lady comes to you in my absence and when I return I see no reason why she should not continue, but it may be helpful if she comes to your meetings in my absence in order that she can slowly adapt to the knowledge which is given—but yes, she is acceptable. (Thank you.)

Now my friends, may the Divine Consciousness from which we all come, surround us all, help us in our unfoldment of Spirit, help each one of us in what we are endeavouring to achieve. For the rest

of this time, I say once more, open your hearts to those who stand near, allow them to come to you, because there are many willing to make contact with you. Until we meet next time, my love stays with you.