~9th January 1995—first meeting of new year~

Good evening my friends. How pleased I am, to join you once again.
Les: That's very kind of you, we're delighted to have you back. It's been very interesting speaking with your colleague, during your absence.
I told you last time, you would not be idle.
Les: Yes you did.
I am pleased that that is so. I hope since our last meeting, that you all now, are beginning to feel my influence upon your lives.
Les: I am. I can't speak for the others, of course, but I imagine they are in some degree or another. As you did tell them to call on you, if they needed help.
I know when I spoke those words to you all, that they would not be taken lightly. For this, I am grateful and of course, I have listened to your thoughts that come to me.
Les: So you have been aware of the thoughts from my friends?
Of course.
Les: Good. I ask that, not that you would not have been aware, but the fact that they have been speaking with you. So it would seem that they have taken advantage of your offer of help.
As I have said previously, the answers may not always be what you expected to be, but I would never disregard any request, from any one of you.
Les: I'm sure you wouldn't. And of course, you know what is ultimately best, for our development. As you say, it is not what you think we should hear.
Of course. This time I want to go slowly again, only to re-establish ties with this one. So tonight, I ask you please, only a couple of questions, then I will remain with you, working with each one of you and let us see what develops from that. So, while we are able, do you have any questions?
Les: I have a comment, rather than a question. It was stated a few days ago, on one of our media channels, that the scientists who have been dealing with the beginning of the universe, so called, are now rather perplexed, because they are realising that what they thought was the beginning, was not in fact the beginning and they seem to be, from their statements, to be very confused about it all.
Yes. I agree with you. I have said to you, that the missing link of knowledge that man searches for, will be discovered. But I have to tell you, that time is not now. So of course, all new information that your scientists come upon, of course confuses them. That is natural. They will discover always new and differing evidence. That is part of their lifelong work.
Les: Apparently contradictory evidence, it would seem, sometimes.
It is not unusual, within scientific fields, for this to be so. So they should not be too concerned. Eventually the time will come, when Truth, full Truth, and knowledge, will there. Of course, there will always be those who doubt that even evidence before them, cannot be. For them, that is their problem.
Les: That is their loss too. Yes, there always will be the doubters. And another very interesting departure, is that during this present week of our time, there will be a commentary, on one of our television channels, about UFO's. Pressure is beginning to be put on the government, to release information, which they have and not to keep the population in doubt any more. This also, you have said will happen.
Of course. It is why we are gathering. I believe I have said to you, there is a purpose behind all that we do. And as I have said before, 'people power' speaks volumes. People, in the end, will force your governments to be *truthful*. It will teach your leaders, to speak out the *'TRUTH'* that they know. I have said to you in the past, your space travellers, who have left this Earth behind, have far more knowledge, than has as yet been divulged. It will come to be. It will come to light and the people must judge for themselves.
Les: Quite. Because I think the average person is intelligent enough nowadays, in these days of higher education, to judge for themselves, not to be overawed by the unknown.
Unfortunately, your world leaders still see themselves as superior people. Of course, they are not. They are leaders, we must give them that. They have the education and the knowledge that has taken them thus far. But it does not mean they are superior in their intelligence.
Les: Not in the least. And the general population is beginning to understand and accept that fact.

Wait, my friends. Give your earthly time, of between two to five years and you will see such an influx of knowledge on this subject, as will stagger you.
Les: Good. We'll look forward to that.
It is coming. It cannot be kept quiet, for any longer.
Les: One very interesting thing that has happened to me, since you were last here—at our other meeting, we had a communicator, who I knew to be one of the abbots, also gathering probably, in continuity with what you're doing. Also gathering for the benefit of mankind. And this, I was told, many, many years ago would happen. I did query whether he was in fact, one of the abbots and he agreed that he was for the group, also dealing with the same matters.
Let me speak a little on this. We have many groups, who have formed, who have gathered together. Of course, the ultimate aim, is the same. We *all* have our work to do—that is why we have gathered. I say to you only this: Do not accept any communicator, without first judging him fairly. You know only too well and we have had one instance within this very room, while I have been here, where it has been possible for one to come through, without permission. So I say only this to you, accept what comes, if it feels right to you, then please listen to it. But remember, you are endowed with your own free wills, your own judgement. Use your hearts and your judgements well. I say no more to you than that.
Les: Thank you—yes, I have felt, on various occasions, that I have been given the requisite information, to enable me to make a judgement, on a communicator. And I have found that very helpful and comforting.
Whilst you have such strong energies surrounding you, it is most unlikely that the information you would be given, would be of a negative nature. So happily accept what has been given to you. Take my assurance that there are many, *many*, who are gathering at this particular time. Many who are still as yet unknown, that too, you can take from me.
Les: Thank you, that's interesting. And one other thing, finally, then I will leave you to do what you wish to do. The gentleman (Andy) whom you said would be back with us, is back with us tonight, as you probably have noticed.
I have no doubt. I have said he would return did I not?
Les: You did indeed. And it's very nice to see him with us again.
I must say, that I am most fortunate, that I do not have your earthly doubts. *(gentle laughter)*
Forgive be, I don't mean to put you down.
Les: Of course you don't, I know that. We enjoy your humour.
Thank you. it helps, do you not think? It is good that you *all* sometimes should laugh. Do you know, each time you laugh, you smile, it actually raises your *vibrational energies.* Did you know that?
Les: Yes, I could imagine that.
Yes, so please all of you, '*laugh*,' especially in your times of troubles. That is when it will be of more benefit to you.
Les: We do have a lot of laughter at our other meeting, quite often.
I'm sorry I interrupted.
Les: No not at all. Now, you wish us to be quiet, whilst you work with everybody, do you?
I would appreciate it this time. It helps me also, because I need to re-establish myself, with the instrument and also for the instrument's self too.
Les: Would it interrupt your work, if I speak to the gentleman who is back with us, I think there is somebody with him.
No, you continue and with your permission, I will remain here, but I will withdraw somewhat, so there will be no interference from me. I say to you all, God bless you, love be within your hearts and until we meet again, I say love one another.
Les: We shall certainly try to do that and thank you very, very much and bless you too.
There then followed a rescue through Andy. This appeared to be a man with excellent oral skills, who had been highly sceptical of certain spiritual truths. Les encouraged him to now accept these truths and begin to use those excellent oral skills to help others.

~16th January 1995~

Good evening.
Les: Good evening to you. We do thank you for being here once more.
I am always pleased to come.
Les Thank you.
This time as last, perhaps we can begin with your questions and end the time on other things.
Les: Certainly.
Then let us begin please.
Les: Right. Well, the first question I would like to ask you, is about so called *'ghosts'.* There are various theories existing on this Earth about ghosts. Some are said to be the residue of thought imprints upon matter, which recur from time to time, sometimes at regular intervals. Another theory has it that they actually are a physical manifestation of people from your world. Of course, the two are entirely opposed— references. I wondered if you could give us some information about these so called ghosts?
Yes. Let me begin with that please. These two theories are not as opposed as you may think.
Les: They're not?
Not at all. There are of course, events which happen, that leave their stamp upon your *etheric world.* I believe this category, would be your first answer. You have such instances, not only of ghostly figures, but of ghostly 'things,' shall I say?
Les: Yes, you're quite right, we do.
For example animals, solid objects such as trains, as aeroplanes and such like. These things are 'residue', as you call it, that have been left behind, caused by a surge of energy at the time, whenever the occurrence took place. Can you see?
Les: Yes, I understand.
It has such an impact on the energy levels of your etheric world, that it is almost 'stamped', if you, on it.
Les: I see.
When you speak of ghostly figures, as beings from our side, let me talk a little on this. Of course, you will be aware that people from *our* side of life, can be seen as whole, can be touched, can be spoken to, are seen as they *should* be, as they *were* if you like.
Les: Yes, I have personally have had that experience.
But also, you can have almost a shadow of that self. It comes down to the usage of the energies, once again. That the person trying, does not have the knowledge or the help available to them. So, instead of the solid form, you have almost an image, mirror image of that solidified form.
Les: I follow.
Again, we come to the energies, the higher and the lower energies. Do you follow me? *(Yes.)* **Also, when we talk of ghostly images, then again we talk of the thought patterns, stamped upon the etheric. Always these thoughts are in the etheric energies, not in the physical. But of course, they transform themselves through to the physical. Are you following me?**
Les: Yes I am, thank you.
So perhaps you can see, that the two thoughts are not actually opposing, they are two separate ways of using energies.
Les: Yes I suppose a parallel would be a better description.
That is a much better word.
Les: Now going back to the images imposed upon our etheric, of 'non-persons,' do they ultimately disappear, does their energy pattern lessen over a period of time, as we know it?
It can do. It would depend on thought that keeps it alive. This can be—how can I put this to you? I am lost for the word. If the thought patterns are built enough, to encourage this image to remain, then it shall, but eventually of course, the energies must subside. It may take a little or a longer time. As I say, you people on the Earth, can in fact hold onto these things, by your own thought patterns. So you see, in a way you are instigators of the energies that are showing themselves to you.
Les: I was going to ask that actually. If somebody does experience one of these *'sightings,'* lets say, would his or her own thought patterns, enable that apparition, whatever it might be, to build energy from the thoughts of that person seeing it?
The energy will feed from the thought pattern, yes that does happen.

Les: So that would enhance it and therefore enable it to stay longer.
It enables it to remain longer.
Les: I see, that's interesting.
If the thought, if the person who sees the images upon your Earth, were to see and let go, then there would be nothing for the energies to feed upon. Thus the time that it would remain, would be much lessened.
Les: I see. And I suppose also it depends upon the impact, upon the viewer, as to how much the image is able to replenish itself, from that thought and sighting.
Exactly, you have almost a boomerang effect.
Les: That would explain then why some images, many hundreds of years old, are seen very, very clearly, quite frequently.
Yes, of course.
Les: Thank you. Well that clears some of the controversy there has been about these images and so called 'physical' ghosts.
It applies also to the phenomenon you call 'poltergeist.' What is that but thought patterns. The energy feeds upon it, the pure energies and of course is able to use and create these things.
Les: I believe you did mention, in an earlier meeting, that poltergeists use the lower forms of energy.
Of course, they use lower, but also they can use the very pure. Always remember positive and negative. That is an important aspect in your world.
Les: Yes. But I think poltergeists are often associated with the appearance close by, of young children. Would they therefore be using pure energy patterns from those children?
In the case of *very* young children, then the energy patterns would, of course be pure.
Les: Yes. I thought they would be.
As we get to the older children, then the energies are changing. They are almost coming to a peak, perhaps that would be the way to describe it to you. And so they can be used and misused.
Les: And misused, yes. And whilst we are on this subject of poltergeists, would that be ascribed to the rare occasions, when a physical body is actually consumed by fire, for no apparent reason?
No, no, it is an inner energy. I have told you, the energy that creates that, is an *inner* energy. It is an energy that has, to put in simple terms, gone wrong.
Les: I see. And would the person so consumed, have been responsible for that burning?
They are totally yes, they may not be aware of that, but yes. Let us take the word 'consumed,' that is exactly what has happened. The body has been consumed by the overpowering energies.
Les: And the person so consumed has been responsible for it?
Yes. It may not be from one lifetime. It has to be a build up of abused energy. That within the physical, becomes contorted, and has to have an expression, if you like.
Les: Yes. What would be the result to the etheric body of the person so consumed?
The etheric body would of course, be shocked. But ultimately would face up to the fact that they are responsible. So therefore would go from there, to counteract, if you like.
Les: Therefore would have to begin the process of progression.
Would have to, yes, yes.
Les: That certainly gives a most interesting answer to it. One I've never seen or read before. Thank you, I appreciate that.
We are talking of energies not known widely, to man.
Les: And of course, there cannot be any physical explanation of it, because the person has been consumed and is therefore unable to give the explanation.
The word is very apt, to be 'consumed.' That is exactly what has happened. We are talking of difficult things again, when we talk of energy, because your knowledge of energy is very limited. I would feel you would find it difficult to even imagine what energy feels or looks like. But it is something that can be felt, as you realise it can be felt in many ways. So it is something that has to be spoken of later in your time.
Les: Thank you. Yes, we look forward to some of these people, that you are going to bring to discuss these things.
Yes. I don't say you will understand them, but I will be happy to bring them along.

Les: Thank you. No, it will be, even if we don't understand them, if will give us a better inkling of these things. We can't hope to understand them all in our physical awareness.
All too often, you *physical* beings are looking for *physical* explanations. Once again I say to you, the power of your thoughts. Look always to that and you will find many, many answers.
Les: Good. Yes, this is what I try to emphasise when I try and describe the next world, to newcomers here, who wish to learn.
You cannot. There are many, many ways of describing the next stage of life. And of course, your own minds will create that which you will encounter. So you see, there will be no 'standard,' if you like.
Les: No, you are quite right, there won't be.
So it would be wrong to say you will see this, do that, meet this one. Only the soul itself, will know what to expect.
Les: Yes, to follow on what you said
and for the sake of all our sitters here tonight, the other evening we had a communicator, who said quite emphatically, that he still enjoyed meals, ***(Yes.)*** such as he had on Earth, and he knew he had to think of them and they were there. ***(Yes.)*** Now that would to many people, seem strange and impossible. But it does illustrate what you were just saying. That he thought of the dishes he liked and would still like to have, and was therefore able to have them.
Remember always, that our side of life is a life of *'THOUGHT'. All* of life works upon thought and mental communication. So it would seem only natural that these should be developed. It would be best for all of you, as I have said before, to try to develop these things, whilst still in your physical overcoats. It would make your emergence into our side of life, so much easier for you.
Les: It will indeed, I agree. It is very difficult for people to understand that thought can operate in that way.
How often do you *'sensitives'* feel the thoughts, the feelings, that come from those you love, or others who are close to you? It would seem natural to you, yes? *(Yes.)* **So you have to think of it on a wider scale, that instead of those you love, or who are close and near to you, that with all peoples, this is possible. And we have said that thought travels much, much more quickly than the speed of light. It is instantaneous.**
Les: Absolutely instantaneous—
So if you wish to have something to eat, to drink, to see someone, to do something, provided these things are within, shall I say, your 'allowances,' then they will be yours.
Les: Yes, until such time as we realise the so called, 'physical' requirements are no longer necessary.
Sometimes we have the thoughts from people still in their physical being saying, *'What will happen if I cannot do it?'* Don't be concerned, you can still use the physical words, which will be understood, by those who are there to help you, until such time that they are not necessary, then you can discard them.
Les: Of course. Thank you very much for all that. Very enlightening. Now, to an entirely different subject, you did tell me last week, when I was speaking about somebody—one of the abbots, I'll reiterate—and you suggested that it should always be checked in case there is a mistake, or somebody has got *in* when they shouldn't. Well, we had during the week, a request that a certain person should be asked to sit on the floor, if that person was agreeable at the next meeting. Is it all right to accept that as a factual request, which will have benefits? It has happened before, several times in the past and I know communicators have preferred to sit on the floor, rather than a chair as we know it and I understand the reason. But I thought I would like clarification in this case.
There is no reason why that should not be so.
Les: Thank you. I accept that, thanks very much. Now, I've occupied a lot of time, has anybody else a question?
Dawn: Could I ask a question please? I did understand that if I did healing on my dog, I thought it would get better. But he didn't. Could I have your comments on that please?
Yes, of course. Let me say this to you: Everything that is said, is spoken as we see it. I have said we have more foresight, which is of course *very* true. But let me say this to you: As you physical beings have your own free will, let us go to the animal kingdom, which is next in line to you human beings. They too have a life force, a spirit being, as you are well aware. At the time I spoke to you of this animal, he should have recovered, is this not what I said to you? *(Yes.)* **The animal was ill, but the information I gave to you**

said he would be well. Now we come to the equivalent of your own wills. It is not quite the same thing, within the animal kingdom, but they too are aware of the thoughts and feelings of others, you understand? *(Yes.)* **When the life force is depleted, as it was with this animal, the healing that you gave, should have brought the animal back to full health. As you are aware, this did not happen. What in actual fact happened was that the spirit aspect of the dog, actually gave up, gave up on his own life force. The dog was picking up negativity from others who surrounded it. I am not saying you, but there were others who were around the animal, who were giving off negative thoughts and feelings. Can you accept this?** *(Yes.)* **You can. So you see, the animal, especially in the state of a lowered life force, did not in fact have the *will* to struggle onwards, in the same way that you human beings sometimes, I belief you say, 'Give up the ghost?'**
(Yes.) **Yes, so too this can happen within your animal kingdom. I did not speak untruth to you, but of course the animals too, have the right to make their own choices. The animal *should* have recovered but did not. I know these things are painful for you all to accept, but it should be a major part of your spiritual instruction, to know that each and every one of you, that all animal, all plant life, have their own choice, can create their own structures, whilst a part of your physical Earth. So you see, the animal actually made the decision.** *(Yes.)* **I hope that has been comforting to you. I know it is always painful when you lose loved ones, but remember that they have *really* gone to a better way of life.**
Dawn: Thank you.
Les: If I might add, you of course, can be reunited when you go on Dawn.
The love bond cannot be broken. Many people believe the animals do not have a soul. That is entirely wrong. Those animals upon your Earth plane, who have united themselves with a physical being, create a love bond, an energy, that will not be separated. So rest assured, in the knowledge that you shall meet again.
Dawn: Thank you.
Les: Thank you very much. Any more questions for Salumet?
George: Yes, You've answered many of our questions lovingly and patiently. Many different types of question. Do you enjoy answering some more than others? Do you have a preference for a certain type of question?
Forgive me if I smile. Of course not, I have come to try to inform you of many aspects of many questions and answers that you seek. I do not have any preferences as you put it. I am only happy to do what I can. I am grateful that you have allowed me into this place, wherein you all sit patiently, devotedly, searching and seeking.
George: Thank you. it is we who are most grateful.
I am always humbled by such kind words and I accept them graciously. *(Thank you.)*
Can I say, this time to continue to see what else can be done within this room and I must say, that always I am happy with the way each unity is progressing.
Les: Thank you, that's very comforting for us to know.
I only wish you were aware of all the background work. But for this time, my friends I say thank you.
Les: Oh we thank you and all our love goes with you and we look forward to our next meeting. God bless you.
There then followed a quiet period, followed by a communication through Sue:
I have been waiting for this opportunity. I present to this room, the ball of life. It means little to you now, but is to be of enormous importance in the coming time. Much power will evolve from it's centre. Power which will enable more highly evolved work and communication. We intend this place to be of importance, not just for these people here, but for others unknown to you at the present time. Do you understand what I am trying to express?
Les: Yes I do indeed and we're privileged—we shall do our best to ensure it is used wisely and for the benefit of others—
More information regarding the use of this project will be told to you, when you next converse with our friend. For now, accept it into this room and await its purpose.
Les: Yes we do accept the honour—
Now, may God and the light be with you.

general goodbyes/blessings

~23rd January 1995~

The group is comprised of a wide range of individuals. Sara Martin is a musician, who sings and writes piano pieces, sometimes likened to Einaudi. Les often played one of her CD's at the beginning of meetings, which Salumet refers to on this occasion:

I thank you for your greeting on the musical vibration—it helps a little when returning to this dense matter.
Les: Good, I'm glad it's of assistance.
This time I would like to speak to the young lady across the room.
Les: Sara? *(Yes.)* Would you like to come across please?
Let her be before me please.
Place your hand in mine. Now child, why do you allow earthly matters to cause you such despair? You cannot let it be. You need to become stronger. Do not let worldly problems trouble and upset your spiritual self, because in allowing these problems to cause you despair, you are affecting that spiritual aspect of yourself, almost like, I think you call them *circuit boards,* *(Yes.)* that are running haywire. Those very fine threads of your spiritual being become tangled, your light becomes dimmer, so I tell you child, become stronger.
Sara: In what respect?
You tend to allow the whole World to weigh heavily upon your shoulders, you cannot do this.
Sara: So be less concerned about other people's problems.
Firstly you must be strong in yourself, before you can help others. You rather allow trivial matters to take too much hold upon you. Listen to the guidance around you and you will be stronger. At this time in your life, you seem to be thrown from one extreme to the other. Be quiet, be still and listen to what we tell you.
Sara: Yes, right. Do you think my work is appropriate at the moment?
You see what I mean when I say you allow too much to concern you? I would say to you, go with the flow of life.
Sara: Mm, yes, all right.
Do you understand me?
Sara: I think so yes, don't worry so much.
I know it is difficult because you see, you are *so* artistic, your whole being is sometimes *overly sensitive* to others. I don't say that is a fault, but it is something you need to guard against. *You*, you are surrounded at all times by many who *care* for you.
Sara: Thank you, yes that gives me strength to know that. Thank you.
Les: Thank you. *(Les then whispers to Sara about knowing the difference between compassion and emotion.)*
This time, as last time, I will answer anything you need to know, but I would like us to devote some time at the end to see what else can be developed. I think we should do this for some time, with your permission.
Les: Yes certainly. Whatever you think is most desirable for the development of everybody.
That is what we want for you *all.* Now can I help you with your questions?
George: I would like to ask one question about the last book in the Bible, the *'Book of revelations,'* which I believe Saint John wrote, while he was on the Island of Patmos. Chapter 10, verse 10, describes him being given a small roll, which he ate and it was sweet to the taste and bitter to the stomach. He then had visions and he prophesied. I think he was taking a potion/drug to raise his consciousness. Would you be able to comment on that?
Let me speak on that. We have said before, much that has been written within your Christian Bibles, a lot of it was *made up*, a lot of it in actual fact, comes from *older religions*, in fact I think you would say, *'Paganism.'* There is a lot within your Bible, which has been exaggerated. But let me say this to you:

Indeed there was the man you know as John. At the time that we speak of, there were indeed many substances, which today you would find unacceptable. The substance you are speaking about, in those days, was taken from a bush, not here in your country, but a bush that produced berries. This was not an unusual thing to do. Many berries, many powders, many foodstuffs were used, that were considered normal, but which within your age, would be called a drug and would be banned from people using it. Are you following me?

George: Yes, I'm aware that it was an ancient tradition.

Yes, so you see, the substance that was taken by John, was not unusual within his peer group. Even now there are peoples on your Earth, who take substances, which they have many explanations for, but what they do is simply raise their consciousness. This is all that happened with John, but the difference with him was that his psychic abilities were much to the fore in any case, as too were all those followers.

George: So his true psychic abilities could be enhanced?

Exactly—the followers of Jesus the Christ were chosen for that very reason. So by using the substance—the berry crushed, he was enhancing his own psychic abilities.

George: Yes that's very interesting. I thought it must be something like that and I also felt—

That is *one* of the stories within your Christian Bible, which is indeed *fact.* Has that been helpful to you?

George: That's been very helpful. It's nice to have that confirmed, because I had wondered about it. There's also the idea that it can be a good thing in certain circumstances, to enhance one's own ability in that way.

I would have to disagree with you there, not because I feel you should not enhance your abilities, but because you can create *dangers* and I stress the word 'danger,' for those people who are *not wise* to their own abilities. To thrust forth that spiritual aspect of yourself, without full knowledge and understanding it, can be *dangerous.* We would have to speak about the etheric realms and what you are releasing that spirit self too. So you see, that element of danger should not be there. Your psychic opening, your spiritual unfoldment, should be a *slow* and *natural* thing. You *all* have it, you all have the ability to use it to unfold, so I would say to you to refrain from all these methods, that thrust your spirit forward—but of course we come again to your free will.

Les: I would suggest it could be a very dangerous procedure, because the channels to the uninvited, would be opened no doubt.

That is why I said we would have to speak more on the etheric realms, because within that realm, there lie many dangers, many dangers that you are not aware of. I don't wish to frighten people, but they should know that to throw their spirit forward without any *forethought*, is indeed a dangerous thing.

George: Thank you very much.

Les: I'm sure it would be—thank you. Surely the best way to enhance one's psychic awareness, or *spiritual awareness,* I prefer to say, is by music. We all know there is certain music which gives us enhanced feelings, and this I imagine would be a safe procedure.

Even within the realms of your musical vibration, depends (on) **the state of development of the being. Can you see?** *(Yes.)* **Even with the very best, the very highest vibrations of music—of course it would counteract any negative, any negative beings around, it cannot fully protect, do you see? The spiritual aspect of yourself, far outweighs any musical vibration. Can you see what I'm getting at?**

Les: Yes I can indeed Salumet.

So I would suggest to you as I have said before, think of yourself as—you can take many examples, and the one we hear most of is the beautiful flower your *rose.* Peel back each petal slowly to expose that beautiful inner centre. Or imagine yourself as an orange, slowly peel back the skin and take each segment slowly. Compare yourself with these things and you'll see that each stage must be done slowly, slowly. And this I suggest to you, find your quiet time, offer yourself for good, feel your love and protection each time you sit and I can promise you, your spiritual unfoldment will come.

Les: Thank you. In answer to your first question, you made a comment, which I found very interesting, because I have wondered in the past—You said that Jesus chose his disciples, because of their psychic ability. ***(Yes.)*** That was so in each case was it?

Each and everyone had that ability, that he knew could be used, used for the betterment of men. *They* were ordinary men as you probably know. There was nothing particularly educated about them, but you see, that is *not* necessary.
Les: No, I had wondered why he chose such a mixed bag as we would say. That's the only thing I could think of—there must have been a common purpose amongst all of them.
Remember always, Jesus the Christ was looking at the *soul* and not at the physical covering of these men.
Les: Good, thank you, that does confirm what I have suspected.
Now, I think we should see what can be done.
Les: Yes certainly. Before you go I would like to thank you for allowing your colleague here at our last meeting, the one who has promised information about space travel.
I said I would bring them and I will, but of course as I also have told you, we need to go *slowly*, but I can tell you, *he* was overjoyed to have made the connection with you and rest assured *he* will return.
Les: That's very nice to know thank you, we did appreciate it.
Andy: Is it too late for me to ask a question? Last night I experienced something I haven't experienced for a long time and that is seeing colours, specifically a bright green colour. Can you tell me what that means and why me?
Why you my son? Why *not* you? Do you feel it was special for you? Let me say this to you: We have spoken a little of unfoldment, that is what is happening to you now. We have waited for you to place yourself in the position of being used; that you have done—you have accepted what has been given. Now let me tell you the colour of green that you are seeing, is a colour of healing. Most green is healing. You must be a little careful at this time, because in your development, you can begin to unfold, to open a little too quickly and what you must do is completely close yourself down. I hope this has been explained has it?
Andy: Yes it has, thank you.
What the green colour was in fact doing, was almost cocooning you against yourself. You must take control at *all* times. But the green colour is a healing colour. It is *not* special to you, but as you become more and more aware, then more colours you will begin to see. I suggest when you have these colours that you allow it to flow completely through every atom of your being. *(Okay.)* **Does that help you?**
Andy: Yes, thank you.
You have explained to the young man about opening himself?
Les: Yes and the need to go slowly and to ask for protection.
Thank you—that is all that is needed.
Les: I have also warned him I'm quite a bully. *(laughter)* We shan't let him run away! *(chuckles)*
I would not call it that, but of course you are allowed your free words.
Les: Yes I feel I am sometimes, but it's for everyone's benefit when I do that.
Yes, and I am sure they—
Andy: I just thought it was someone trying to get through to me for the two ladies sitting to the side of me, because they do healing on animals, so I thought it was power for me to give to them.
No, it is for you. What you must *not* do is make assumptions. What I would say to you, accept what comes, try not to put an explanation to it, but to accept it for what it is. Can you see that?
Andy: Yes I can, thank you.
I would say that you felt a great quietness and peace afterwards did you not? *(Yes.)* **Yes, that was the healing phase.** *(Thank you.)*
Les: Right, if you'd like to relax and see if anybody is going to be used.
It would be beneficial if each could tell you what they are experiencing. Quietly speak amongst yourselves if you wish, but please be open on what is coming to you. *(Right.)*
The rest of the meeting was dedicated to the personal development of each sitter.

~30th January 1995~

Good evening.

Les: Good evening. Thank you again for joining us.
I'm happy to be with you once more.
Les: Thank you very much.
Are you aware of how busy you have been since last I came.
Les: Yes it has been very busy. You are aware if it, you say?
Are *you* aware?
Les: Yes I have been very—
I speak of you personally.
Les: Yes. I have been very busy and I am aware of it.
I do not speak of the work you do on this earthly plane. I am speaking of your trips to us, in your sleep state. Have you not been aware?
Les: No I must be honest, I can't say that I have.
My friend, you should be endeavouring to keep that knowledge with you, when you return here.
Les: I shall make a further effort to do so.
Your communication skills are well known on our side of life. There are many who offer you their thanks. If only you could feel their love *surround* you, it would *uplift* you in all your daily tasks, whilst remaining in your physical body.
Les: Yes. I do feel that sometimes, I must agree. I must make more effort to try and remember what happens during my sleep state though.
Perhaps you would feel more tired. (gentle laughter) **No, I only joke a little with you—of course you would not.**
Les: No, no I will try and do that and concentrate more. I'm sure it will be most interesting.
You have *all* within these last months, come to me in your spirit bodies.
Les: So everybody here then should make an effort to remember what has happened during their sleep?
The exercise would be very worthwhile to you all, to your development and I am here to help you with that aspect of yourselves, as you well know.
Les: Yes, true. Can you suggest any particular mental exercise, that would be beneficial, for the remembering of our visits to you?
Yes, if you wish—I would suggest before you go into your sleep state, and here once more, we come to what I will *always* tell you, the power of your *'THOUGHTS'.* If you would mentally say to yourselves, in the state between being awake and being asleep—you know of the state I speak of—*(Yes.)*—when you are, how can I say, half here, half with us—mentally make the thought, *TO REMEMBER ALL THAT OCCURS IN YOUR SLEEP STATE.* Do this each night and eventually you will come to the state of remembrance. It must be thorough, it must be done continuously, if you wish to achieve results. Also on your awakening, perhaps you would write down what you remember.
Les: Yes, that's certainly a good idea.
Gradually you will see a *'FORMATION of THOUGHT'.* To begin with, it may seem rather jumbled up. But no matter, it will all eventually come together. You will realise what is natural *dream state* and what is an occurrence in the *Spirit realm.*
Les: They can become confused, can they?
They will be to begin with.
Les: Then perhaps I have been remembering some things, because I've been puzzled at some of the peculiar dreams I have had. Not unpleasant dreams. So maybe I have been remembering, but putting them down to physical dreaming.
Yes, this is what happens. Your physical brain tries to interpret what is a spiritual happening, which sometimes causes confusion. But if you endeavour to continue each evening, each morning, you will find a pattern emerge. I hope that will be helpful to you and I say to you all: Please do these things, for your own unfoldment.
Les: Yes. I have been trying to be aware of coming over to you, but perhaps as I say, I've been accepting it as physical dreaming, rather than an awareness of what has happened over there. So I must pay more attention to that.

Yes. Write it down. Then you will see the pattern emerge. It is much easier to look back, when it is written down, than to try to use your memories, which can fail you.
Les: True. It often does. I know in the past I have had very pleasant experiences on awakening, recalling what has happened and I can only assume that I have been over to you. but lately, I don't appear to have done that. But as you have said, it might have been confused with physical dreaming.
I can assure you that you do come to us, as you all do. It is not an unusual event. You all leave your physical bodies, while in your sleep state, all of you.
Les: So it might be helpful also then, to concentrate on coming over to you, would it?
You need not concentrate, it will happen in any case. What you need to concentrate on, is the remembrance of the visit, do you see? Because then you can remember what has been taught *to* you, to the spiritual aspect of yourselves. That is what you need to remember. Do not try to force yourself, that will not work.
Les: No, I have for some time now, before I've gone to sleep, tried to get interested in meditation, because that's the best time of day for me. So I have been semi-prepared to come over, I suppose, without concentrating on it.
It is slightly different when you speak on meditation. When you sit for your meditations, what you are doing is of course, raising your consciousness, yes we know. When you are in your sleep state, that spirit aspect of yourself returns home, to be rejuvenated. Although you can sit in meditation and raise your consciousness, the spirit remains within the physical being. Can you see the difference? *(Yes.)* **So you don't necessarily leave your physical body, when in your state of meditation, unless you are in a *very deep* state of raised consciousness. There is a slight difference, but people assume it is the same, it is not.**
Les: Right, that leads me to a question. Perhaps you can give me an answer to something that happened many years ago. It may seem a bit humorous, but it's quite serious. A communicator through one of our ladies, was astonished and I quote her words, 'To see me here in the group.' Because she thought I belonged in your world. So I said, 'Well what makes you think that?' Her reply was, 'Well I've seen you here in your pyjamas.'
And that confused you—
Les: It did yes.
Yes, it was the mirror image of you as you slept. Mainly, what would be seen would be your colour, your light in the spirit world. But for recognition purposes, your own higher self, decided that you needed to be clothed. And so it was you were seen in your pyjamas.
Les: I see. I've puzzled over that a number of times, but that certainly gives a comprehensive answer now—makes it much more acceptable.
It was that part of you, that was a little unsure and needed—not protection, but assurance that you would return. You see, things are not always so clear cut as people would expect. But that was the reason why.
Les: Oh good, thank you. I'm glad to have that resolved, because it did seem rather confusing. Now, might I ask my sitters if anyone else has questions on what you have just been telling me?
Of course.
Les: Does anyone have a question they would like to ask on this subject?
I am always amused because in the times leading up to my being here, many questions are posed. I try to give help to answer them. But here we are, with the opportunity and we are at a loss.
Mark: I've got a question actually.
Sometimes when I meditate, I feel a noise in my ears, almost a ringing, but very high ***(Yes.)*** and I wonder what that is about. And I get the same noise when I'm on a ley-line.
Let me speak on this. When you meditate, there are many degrees of meditation, you would agree? *(Yes.)* **One of the first things you will notice, when you become used to meditation, is I believe, some of you call it the *'audible sound.'* I believe you may know what I am speaking of sir?** *(Yes.)* **It can take many forms. It can sound like a hum, sometimes a ringing as you have described it. All it means is that you have reached a particular level of meditation. What happens next is that the consciousness becomes raised even higher and all these sounds, which are within you, not without, will *stop* and from the**

'AUDIBLE SOUND' **you go to the *'DARKNESS WITHIN.'* I'm sure you can explain this to him a little fuller, if he so wishes. It is just a different level of meditation. You are reaching along that power line, if you like, of sound—you are tapping into it. The sound is within your head area, is it not?** *(Yes.)* **Yes. Don't be concerned, it is, I would say, the SECOND STEP of meditation. Most people would not even be aware of it. The very fact that you are, shows your own sensitivity to that audible life force. I say to you continue, allow these noises to happen—be happy about it, and eventually you will be taking that one step further.**

Mark: Thank you.

When these noises stop, it does not mean that you have not meditated properly, it means that you have moved forward. You see, you are all rather like the radio waves—the frequency of the radio waves, and you are tapping into that sound power—that is all. Is that helpful to you?

Mark: Yes thank you. I do quite like it actually, I enjoy that state.

Yes, because you see you are raised, you are slightly away from your physical being. It is the second stage of meditation.

Mark: Which is the first stage?

The first stage of meditation is to go within and try to rid yourself of all everyday thoughts. The first stage for anyone beginning this meditative state, is I think probably the most difficult.

Les: Yes I believe you are right in that. I found it so.

But he has moved beyond that now. And you are—you are just a power source, tapping into an even greater power. It is as simple as that.

Mark: There are some places that are easier to meditate in than others, aren't there? I wondered if being on the ley-line helped.

There is much power within the Earth structure, as I have said before. If you find that your meditation is greater within these areas, then please do so. But I would say to you all, it really should make no difference to the progress that can be made. After all, you need to go within, *within*—that is the true answer, to finding the answers of *life.* But if you feel happier to meditate upon the Earth's ley-lines, as you call them, please do so. I would say to all of you, find your own little niche, be happy with what you are doing for yourselves. That is what is important, that each and every one of you, seeks and finds that inner spark, no matter *where*—that is not the important issue. The important issue is that you find that quiet time, to find, *find* that stillness, to find that love that is *there* for *all* of you.

Les: Thank you. Whilst you have been talking, I have been going back over my dreams and I realise now that I probably *have* been aware of what has been happening, but have been assessing it as a physical dream, because I do know that I have often been talking to people and giving them much help. But I thought it was all on a physical basis. I think I obviously was wrong in that and I have been helping them in your world, but construing it as physical dreams.

Let me speak a little to you. When you came upon this Earth plane, you had made the decision that when the time came in your life, that you would work for spirit, that you would help in as many ways as you could. *You* my friend, are a *very* old soul, with knowledge that goes back many aeons of time. You made the decision in this lifetime, that you would return to this Earth plane to help others, but mainly your task, was to teach. Part of your decision was that regularly you would return to that home of love, where you would continue to help those on the other side, *our* side of life. This was to be a difficult life for you, at many stages. You wanted to make recompense for that which was left undone last time. So you see, from the very beginning of your earthly life, you have returned to us to work—not for pleasure, not to see others whom you love, but to *work.* You can say you work on *both* sides of life.

Les: Thank you for that explanation, it certainly has cleared a lot of points, which have been not exactly a worry, but which I couldn't quite understand. I do appreciate what you've told me.

I hope it has made life for you a little clearer.

Les: It certainly has Salumet and I do thank you very much. It was something I hadn't realised, I must admit.

I wish to say a few words to one of the ladies here and then I will leave the rest of the time, as we have agreed, to see what occurs.

Les: Certainly. Which lady would you like?

I wish the one who is known as Debbie please.
Les: Debbie, could you come in front please.
My child, I feel discord and disharmony with you. I will not go into detail here, but you know of what I speak? *(Yes.)* **Yes you do. Take heart child. Things *will* change for you. I know at this particular time, you feel that the tide is turning against you, but no one says that life was meant to be easy. I will help you all I can and I say to you, *think* positively, use that power of thought, that I have told you all about. Use it wisely. I will be with you and you will see the clouds disperse. Now all that is love go with you.**
Debbie: Thank you.
I leave you all with my love and my blessing.
Les: Our love goes with you Salumet and we thank you most sincerely, for what you have told us. God bless you.

~6TH February 1995~

Les: A very warm welcome to you once again.
Good evening my friends.
Les: Hello once more. And as usual we are delighted that you could be here.
Your words do me great service. This time, may I request the light just a little lower please.
Les: would that be sufficient for you?
If it is comfortable to you all, then I am happy.
Les: Yes, I think it will be comfortable for everybody, thank you.
This time, before we go on to our discussions, I wish to say just a few words to this one.
Les: Which one is that? On your left here, Dawn?
Yes. I want to say to you, whatever discord, whatever injustices you feel are directed towards you, in your day to day living, you must rise above them, you understand me? *(Yes.)* **You cannot allow those fine threads to be entangled with thoughts of resentment. You must *rise* above it all. You *can* do it, you know *how* to do it and for your very existence, I would suggest that you do so.**
Les: Do you understand Dawn?
Dawn: Yes. Is there anything else I can do?
You sometimes feel almost like a spider caught in a web. But that spider knows how to disentangle himself quite successfully. So too do you have that knowledge.
Dawn: Maybe.
***Not* maybe, you do.**
Dawn: To disentangle oneself?
Rise above it all. Let your thoughts flow freely to those who you feel are against you. Use the power of that thought to help them and in return you are helping yourself. You understand? *(Yes.)* **I am trying to help in that direction.**
Dawn: Could I ask you a question, should I change my surroundings? You know what I mean by that?
I would say to you at this time, I would say stay and be still and the answer will come to you. But for the moment, stay where you are. Do not despair my child, I will do what I can. There will be a time coming shortly, when you will be in contact with an old lady, who you can do much to help. You will be aware of her need for companionship and an ear to *listen*. I ask you please, help her. *(Yes.)* **Thank you.**
Les: Thank you very much Salumet
Dawn: Thank you.
It pains me so, to see you all with your life's difficulties. But I can only say to you, I cannot remove all your trials and tribulations. I have told you this before, but that does not mean that it does not affect us so. I wish I could comfort you all, in times of troubles and I will do my best, but of course you know that the difficulties in your lives are what make you grow.
Les: Of course.
So, I say all of you, do not despair. Be positive, give out '*Love*' and in return, you will receive it threefold.
Les: Thank you very much for all you do, in the way of helping us.

I have been with you all since last we met and I say to you all, continue with your thoughts of love to all mankind. Do we have questions this time please?

Les: Thank you. Yes, unless you wish to talk about anything else, I would like to discuss a little further, the power of thought, if that's convenient for you.

Of course.

Les: I have no difficulty in understanding the application of the power of thought in the etheric world, when we get there, but I have several times wondered how two thoughts can affect each other. To quote a simple example: Two people are standing looking at a pool of water. One wishes to see the surface rippled, so presumably he would do so. The other wishes to see it quite calm, with the reflection of light in it. He, I imagine would see that. What is happening to the *actual* water, is it *rippling* or is it *calm*? And would those thoughts interfere with each other, as they are issued by the two people respectively?

I see and understand your question. Let me say, I have told you how powerful your thoughts are. They are individual things, 'energies', yes. You understand? *(Yes.)* **As each and every one of you are individual. The *only* way, the *only* way these thoughts can materialise, if you like, is to be sent directly along the energy line, the *thought* of energy. So when you speak of two individuals looking at the same pool of water, why should they clash? They would not clash, they are individual thoughts, for the individual person.**

Les: So each would see what he wished to see, by projection of that thought energy?

Exactly. The only way there could be interference, was if the thought was directed towards the other individual.

Les: That is the question I was going to ask next actually. ***(Yes.)*** To stay with the pool for a moment, each is seeing what he wishes to see, by projecting their thought energy? ***(Yes.)*** But would the actual water be rippled or calm, or would it not be effected, would it merely be a mental seeing.

Yes, you cannot—when you say, would the water be calm, would the water be rippled, you are thinking along physical terms. You have to remember that the thought comes from that spiritual aspect of yourself. You are confusing physical with a spiritual happening—that is where you are becoming confused. They will of course see what they want to, if the thought is strong enough. If not, the thought energy is dispersed within the etheric. You understand?

Les: Yes, I do.

The only way that thought can be interfered with, if you like, I'm not sure about that word, but I will use it this time—is if the thought is directed directly to the individual, you see? Then there could be interference of the thought energy.

Les: Yes, so it would be a question, in that case, of the strength of thought, from one of the individuals?

Of course.

Les: And he or she could interfere with the thoughts of the others?

The same as it applies here. *(Yes.)* **Your thought patterns here apply, the same rules apply. The strength and power of the thought is what *controls* it, if you like. How could your ideas—frivolous ideas—they would be dispersed. They do not have the power to be put forward, if you like. You need the strength of the thought to carry it along, you understand?**

Les: Yes. So would there be much interference, or are people, as I believe, mixing with others of similar thought pattern, who would not wish to interfere. None would wish to interfere with the thought processes of another. Would that be the right assumption?

If you were at a stage of interference, you would be with like-minded people. You wouldn't really be allowed to interfere with pure thought.

Les: That's what I have always considered to be the case. So there would be harmony of thought, **(*Exactly—)*** or disharmony of thought, ***(Yes.)*** until those with disharmonious thoughts learned that it was not necessary and they would in effect then have to progress to the better conditions.

Of course. but when you first come to our side of life, there are many trials, many, I don't say 'errors', that is the wrong word, but people need to find themselves.

Les: Many adjustments to be learned and made.

Yes, that is natural and it is expected.

Les: And this same thought pattern would be instrumental presumably, in affecting the feeling of warmth or excessive warmth, or cold, if necessary?

Let me speak a little on this thought. When you leave these physical bodies behind, when you come to our side of life, then it is thought that you find sustains you through that stage of your life, shall we say. It is the next stage of your life. Thought is all that is needed, but of course, you cannot change instantly. As you 'think' now, so you will 'think,' when you pass to the next stage of life. Then the adjustments are made, when individuals realise that 'words' that 'food,' that 'drink,' that *all* the things you have become used to on your earthly plane, are no longer necessary. Then they will be instructed in the use of their thoughts.

Les: So there will be instruction in the direction of those thoughts?

There will be a 'grading,' I think that would be a better word. A grading of those individuals, into the *use* of their thought patterns. Because, let me say, each one of you within this room, are even now using thought, but it cannot be seen by each of you. But when you come to our side of life, *all* is known. You cannot hide with your physical overcoats, what is being *'THOUGHT',* because it is exposed for all to see.

Les: So we would automatically be segregated into 'thought' environments, where each person would be comfortable, in the company of another?

Yes. There has to be balance, there has to be harmony. It could not be, how could you survive, with people with thoughts that are not pure, which are not good? You have to have the separation.

Les: So it is as I have said, I think to most of my colleagues at one time or another, we are in effect, 'fitting ourselves,' in our daily lives, *by* our thought, for the place we shall occupy, when we come over to you.

Yes. I have heard said many times, 'it is the good deeds that you do,' 'it is how you present yourself whilst upon this Earth.' Let me say to you here and now:

YOU WILL BE JUDGED UPON THE THOUGHTS THAT YOU HAVE SUSTAINED THROUGHOUT YOUR LIFETIMES HERE.

You can outwardly do good deeds, but the thought within can be wrong.

Les: So again it would confirm what I have many times said, 'consider the *motive*, rather than the action.'

Always, always that is important. You will be judged by that.

Les: So it would be impossible for one group of thinkers, who were directly opposed to another group, even to meet each other in your world?

Yes, you have it.

Les: Thank you. I am pleased about that, because it does confirm what I have said at various times and it's nice to know that I have been correct in that. And that would also account for the phrase in the Bible no doubt, allegedly made by Jesus, that in my father's house there are many rooms. ***(Yes.)*** I suppose that is a simplification of what you have been saying?

There is much for you to know. It is difficult for you, as you are now individuals mixing, with thought patterns so different. But you see, once you come to our side of life, there has to be balance, harmony and love. It cannot be otherwise. So be careful in your thinking, and I have said to you, how your thoughts rebound. Remember too, that is an important point.

Les: Yes you have said that more than once, I quite agree. That is the law of 'cause and effect,' again isn't it?

Yes, if you wish to call it that.

Les: It is our physical term for it, that's all. ***(Yes.)***

Sara: Is it possible to cancel a thought?

Les: Just a moment, I was just about to ask Salumet, if you have nothing further to say, I would ask my colleagues if they have any questions on the subject?

I would be happy to answer for them.

Les: Thank you. Yes that was Sara was it?

Sara: Yes, sometimes if I feel a little angry and a feel an unpleasant thought, I want to cancel it. Is that possible?

You cannot cancel the thought, but it can be dissipated. But you cannot actually cancel what has been thrown out into the ether, you understand?

Sara: Yes. I have to practice more self control.

I would suggest that would be a very good exercise for *all* of you. Self control in all aspects of your lives.
Les: We have a phrase in our language don't we, 'The spoken word is like the arrow sped.' It can't be brought back. So it behoves us all not to issue these thoughts, I know I've had problems for many years, I'm still trying not to.
Of course they can be transmuted, if you use your thoughts wisely, to alter the thought that has been sent. Your 'cause and effect' again.
Sara: Yes, if you send love after, yes?
Yes, it can be transmuted then.
Les: And to send a sincere mental apology, for having issued the original thought.
Yes, but the actual thought cannot be changed.
Les: No, because they are living things, Sara and nothing that lives can be destroyed. It can be altered/transmuted, but it cannot be destroyed. So that's why we have to be so careful.
I am sure you must all be aware of going to places where thoughts have been harsh, or bad or evil and at once you would sense these things. Have you not all been aware of this?
(general agreement)
So you see, these are vibrant things that stay in the atmosphere. That is why I say to you, your thoughts can easily rebound back to you. It may not be instantaneously, but it will come to be.
Dawn: Can I ask, can you read our thoughts?
Can I read you thoughts? *(Yes.)* **Yes, if thoughts are living energies, then of course they can be seen. Yes of course we can. Those of us who have extended vision, if you like, of course can see your thoughts.**
Dawn: Can you see my thoughts at the moment?
Yes. *(gentle laughter)* **If thoughts are living energies, when your awareness becomes heightened, then of course they can be seen. What is telepathy, what is all the things you already know of on you earthly plane, where people can pick each others thoughts? It is nothing unusual, and it can happen here, whilst in your physical bodies. Have you not oft-times, been able to almost see what someone close to you is thinking? As do those beloved animals that you have. They sense and what they sense are your thought patterns. So can you see how important your thoughts become?**
(general agreement)
Sara: Can I ask a question? If we can feel negative thoughts being directed towards us, what do you think is the best way to deal with it, is it to simply try to think a loving thought?
Yes, you must surround the sender of those thoughts, much love—you must. By doing that, the thoughts they receive back, will be good, not only for you, but for them. You will indeed be helping them.
Mark: So there isn't a place for angry thoughts then? They shouldn't really be there?
I would say, sometimes your anger can be justified. But what I will say to you: Do not direct anger towards another human being. Allow the anger to be expressed, but not towards someone. You understand?
(general agreement)
Sometimes the expression of your anger is good for your own soul, but definitely not, if it is directed towards another. Do you understand that?
Mark: Yes, I do. But I've had to learn it very slowly, I think.
Les: We all have to.
It is human. I would not expect you all to be, how would you say, *'Angels?'* I believe that is your expression. We do not expect that from you. But what you should do, is try to exercise *control*, in all aspects of your daily living.
George: Yes, could I suggest that wartime propaganda, is a really terrible thing, because it encourages people to think hateful thoughts.
Of course, what happens there, is that the peoples become *brainwashed,* brainwashed. *(Yes.)* **It becomes almost like mass hysteria. It happens wherever you have large groups, large crowds of people. It happens too, even at musical gatherings, where your young people are almost entranced by the beat from the music. So too, that is how thought works in the mass of the people. If every one of those people, who are caught within the terrors of *war*, would retain their own individual thinking, then that could not happen. But people are human, are gullible and so these things do happen.**

Margaret: Can I ask a question? *(Yes.)* I have a problem with a neighbour who is very ill at the moment. They don't expect her to live very long, but she seems to be taking over my live. I've tried very hard *not* to be unkind, but I find it very tiring when I get six to eight phone calls a day, to go round and see her. Can you give me some advice please?

Yes. Let me speak. *(a short pause/change in breathing)* **Yes, this person finds you a great comfort. She really is holding on to life. She is most fearful. Can you not find it in your heart to continue for the short time that she has left, to bring comfort to her? Is it really too much for you?**

Margaret: The problem is, I am going off to see my son and his wife in Hong Kong on the 28th of this month and I don't seem to be able to get through to the people in authority, to give her any help. I feel as if I'm knocking my head against a brick wall. And I really think she should be in a nursing home, because she lives alone. Her son and his family live quite a long way away and can only get here weekends and I feel guilty having to say I'm going away.

No, please give her *all* you can, but please rid yourself of the guilt. You have to move forward with your life. The responsibility of this person should be with the family. Provided you have given of your heart genuinely to her, then you can do no more. I would say to you, speak to the family, tell them of their responsibilities. Go forward with your life, with an easy conscience. But whilst you can, please find it in your heart to give her as much time as you can. She is afraid.

Margaret: Yes, I know that but she doesn't believe and it's very difficult to try and tell her something.

Do not attempt to do that. All you can do is to comfort her.

Margaret: I'll do my best.

Do not, *do not* put guilt onto yourself. I will see what can be done.

Margaret: Thank you very, very much.

Les: Any more questions for Salumet?

George: Yes I have a different question, if I may. I'd like to ask about Mary mother of Jesus. There have been a succession of visions reported; at Lourdes, at Fatima in Portugal, at Garibandal in Spain, I think these are important ones. Are you able to confirm the visions and that Mary has a message for mankind?

Let me speak on that. When I first came to you, I told you that many masters have trodden this Earth, yes? *(general agreement)* **Many are in existence today. Not in the form you would expect them to be in. There are some who live daily lives as you do now, who have come to help, to guide, to teach and as you say, to bring a message to mankind. I can say to you that these visions of Mary are indeed aspects of her, in the same way as I have told you that I am one unit of a whole. Are you following me?**

George: Yes, thank you.

When you reach a particular stage of development, it is possible to appear in many different places at the same time. You may find this difficult to believe, but it is the truth. The vision at Fatima, is indeed a genuine one. as many of us agreed to come to this Earth plane, to teach and instruct, so too did Mary, who indeed, you would term a Master, although she is of female energy. There exists today, a living form of Mary, who lives amongst you. And that part of her being, which can appear to these crowds of people, is only another unit of that whole being. Do not dispute these sightings, because I can tell you, indeed they are real, but of course the people who flock to these places, will not all receive cures. But it does remain that these are genuine visions. They are not visions really, they are materialisations, belonging to one divine unit. Do you understand?

George: Yes, that's very nicely put, thank you, I do understand. Could I add one more small part to that question? There is one Vasula Riden, who writes books and is said to channel Jesus Christ and Mary. Are you able to confirm that?

I would say to you only this and I have said it to you also when I first came to you: Accept only what you find to be reasonable. There are many channels who claim to have names from the past. And of course Jesus the Christ and Mary, are amongst the most used of them. Do you not see that it would not be feasible for them to be using so many channels?

George: Yes, I do see that.

What is happening sometimes is this: These channels are aware of being used, but because of their own religious backgrounds, very often they see what they desire and what they desire is not always the fact. So I have to say, I would say to you, this channel, I would not say is deceiving, but is a little deluded as to

who is using him. Too often we see people almost wanting a particular being to use them, when instead they should be open to any energy, which is compatible with them and there are many, many ready to do good work. Always go by your reason.
George: Thank you very much.
Les: Are you able to take any more questions, or is that sufficient for this evening?
I will answer one short one this time and I say to you before I leave, that next time I hope to bring with me someone you may find of great interest to the group.
Les: We look forward to that. Thank you very, very much. One short question for Salumet from anybody?
Debbie: Can I ask one please? This is a personal question: A friend of mine's baby has been diagnosed as having cerebral palsy. This friend has asked me if healing would help this baby. Is this a particular baby who could be helped by healing, or is this just meant to be?
Let me say this to you: Healing is always beneficial, there can be no doubts on that. But I think what you are asking me, is whether healing will benefit on a physical level. *(Yes.)* **It can help to a degree, but I would say to you, this child came to this time, with the problems it has and no healer can change those circumstances. But healing can help, but not to the degree that you are wishing for. I know these things seem harsh to many of you. But of course we have spoken about the soul's decision before it takes the physical body. So I hope you understand fully, why this must be.**
Debbie: Yes I do, thank you.
Les: Well thank you very, very much for all you've told us tonight. It's been a wonderful evening for me again and I'm sure for the others.
(strong agreement)
My blessings go with you all, until next time.
Les: Thank you, God bless you. Our love goes with you.

~13th February 1995~

Good evening friends.
Les: good evening once more.
I will stay just a short time this evening, because as I said to you before, I would try to bring another.
Les: Yes, we are looking forward to it.
There will have to be slight adjustments, but I do not see a problem. When I leave you, continue as you would do normally, until such time as your visitor arrives. I want you to say to this lady, the one I am using, that we would like to make adjustment to her way of eating. I am trying to help her, but perhaps you will mention to her afterwards?
Les: Thank you.
If she sits quietly, like we know she does, she will know what to do. But please do say afterwards to her, it is nothing drastic, just a little thing to help her.
Les: Right, thank you, yes I will see that she has that information. Are you able to take one question, it's something I have been asked to put to you?
Quickly, this time please.
Les: There was a documentary as we call it, on our television last night, I am told, saying that what is now considered positively to be the Ark, has been found in Turkey. I wondered if you'd know if this is so?
I believe I have said *before* to you, that such a vessel did exist.
Les: Yes you have.
Yes, I think no more need be said on that matter.
Les: Right. Thank you. We shall wait and see what develops. Thank you very much.
I would say just one last thing: When you speak to the one who is to come, will you please speak very softly to begin with.
Les: Certainly.
My blessings go with you all.
Les: Thank you, and our love with you.
Now let us continue.

Les: Thank you.
After a few minutes the expected guest arrived, channelled through Eileen:
Can you hear me? Can you hear me?
Les: Yes, we can hear you. Thank you, quite clearly.
I can wait if you like.
Les: No, please speak now, we look forward to hearing you.
Please be patient with me, until I make adjustments please.
Les: Yes of course.
I am very happy to join you.
Les: That's very nice to hear and we are very happy to have you with us.
I am happy that the one you know as Salumet, has allowed me to speak.
Les: Yes, indeed, he is a very good friend of ours now.
Although I knew what I had to do, it is not easy.
Les: No, it must me very difficult I imagine. That's why we do appreciate it so much, you taking the trouble to visit us like this, because it cannot be easy for you.
Salumet is helping me, because you see, I have not done this before—never before.
Les: Is that so? Well we do feel very honoured that you should be doing it for the first time with us.
Salumet is telling me to get on with it. *(laughter)*
I must say, it is easy for him to speak. I hope I leave the lady comfortable.
Les: Yes, I'm sure you will do. You're always very considerate of the instrument. That is why they are very pleased to be used by you.
All right, let me tell you why I have come. For a long, long time—forgive me it is not easy to speak word—be patient please. I have been aware that this is possible of course, but until this time, I have not even considered doing such a thing. I am not of your Earth life. I never have been, but I am still aware of it.
Les: That makes your visit extremely interesting to us, when you say you are not of our Earth life.
Like Salumet, I too go forward teaching, but I teach in spirit.
Les: I understand.
I am what you call a 'keeper.' I am a keeper of records. I am aware that you know it by other names.
Les: Yes we do have other names for it, but we know what you mean.
I help, forgive me, be patient—a little uncomfortable—we are making adjustments—communication is becoming simpler, as your earthly time passes by, but still we have problems. I am a keeper of records, as I said. I think you humans are under some misapprehensions about these things.
Les: Yes, that's quite possible that we are. We have certain knowledge, but we have no means of saying that that knowledge is correct and accurate.
You are aware that there are different levels of existence in our side of life.
Les: Yes, we are aware of that.
Salumet has told you this much?
Les: Yes, he has.
I believe that you think there is one hall of records, do you not?
Les: No, my own opinion is that there are many such halls.
Exactly, and I am <u>one</u> keeper of one such hall.
Les: It must be a very exacting job?
It is work that instructs and pleases me. It is not given lightly to anyone. As you have many libraries in your world, so too we have halls of records.
Les: I believe your records go from the beginning of known time, do they not?
They always have been and always will be. I will explain to you a little.
Les: Thank you. We are all very, very anxious to learn all that we can, of the lives to come.
I believe Salumet has told you all that you come to our world in your sleep states. Therefore to all of you, this hall of records is available.

Les: We have been trying to make ourselves become aware of what we do, in your world, during our sleep and hopefully shall be bringing back memories with us. We know it is not easy, but we would like to be able to do that.

You all have been within the hall of records. Let me tell you how we work. When someone has the awareness to want to seek more growth, they are allowed to approach the hall of records. But they would not automatically be allowed to enter.

Les: Yes, so I understand. There are necessary restrictions.

That is where I come into the picture. Hence I am known as the keeper of the records.

Les: So you have to give permission, before we could be granted entry into the hall. Is that so?

I will look at the one who wishes to enter, to see whether they are worthy of it. Once that has been granted, they are allowed to come and enter the hall of records.

Les: And then they would have help in tracing, whatever it is they wish to find, would they?

Firstly, they have to enter with my permission. Inside let me say, they are usually overawed by what they encounter.

Les: I can well believe that. It must be an incredible sight.

I am not sure if Salumet has told you that, how can I say, we have a board of beings, who will guide you, make suggestions to you, to ensure the knowledge you seek will be used wisely.

Les: That was what I was about to ask, we would only be allowed to acquire that knowledge, if it was going to be used for the benefit of others, is that right?

That is part of my work, that only those who I think you would term, 'genuine' would be allowed to enter.

Les: I follow. And how would the records appear to us? As a library full of books, parchments and papers, or are they kept in another way?

There is not one way, as the person would expect to find his life's history, then he would find it to be that way. But I would say, normally, they see in front of them a shelf full of books, each one devoted to a life, which they would be allowed to look at and to study.

Les: Would they be able to study a volume dedicated to another person's life, or would they be restricted to their own life?

They would only be allowed access to their own records, unless there was exceptional circumstances and they are very few and far between.

Les: So, if I am getting correctly what you are saying, if I were to come into the hall tonight and wish to see the whole record of however many past lives I had spent on this Earth, and if I was allowed in, I could have access to all those records, could I?

You can.

Les: So the whole of our previous existence, is recorded and available for us to examine?

All is available to you.

Les: That's most interesting.

But as I have said, you would be advised wisely, as you enter into this great hall. As you know, free will is still active, but not many would ignore the great advice given.

Les: No, of course not. I think they would be very foolish if they did.

Most people who enter, also would like to know what is to come.

Les: That is also possible from the records, is it?

It is possible, but that is not always allowed, there are restrictions there.

Les: I can imagine that, because we could presumably, if we were allowed to see what is to come, in one of our particular lives, however far ahead, we could perhaps not want to take that life. Is that right?

Your wanting or not wanting, is not really a consideration. What is written, would have to be.

Les: We wouldn't be allowed to opt out of it?

You would not be allowed to opt out, as you say. It would perhaps give you some insight into what was necessary. Remember that you all choose anyway, what you come to do. So only the outline structure could be changed.

Les: Yes, but what we have to do, is already written and must be observed then?

Yes, the whole pattern of your existence already exists.

Les: And that applies to everybody on this Earth in the past, present and who *will* be on this Earth. There are no exceptions, I imagine.

Past, present, future, all are one.

Les: This is what we find extremely difficult to understand. We don't doubt what you say, but our understanding is so limited, that we cannot comprehend fully.

Yes, of course, but looking at, excuse me one moment. *(pause)* ***Always understanding is the problem. Let me try to make an analogy for you. Take yourself an* orb*. Start at any point, whichever direction you take, where will you end up?***

Les: Back at the same point, of course.

Yes. So always the beginning is the end. Always continuous in whichever direction you take. If you stand at a point on this orb, how far can you see round?

Les: Not very far at all.

But still it exists does it not? *(Yes.)* ***So can you see, although your awareness is only so far, it is still continuous, it is still there.***

Les: Quite, and these records for which you are responsible, do they relate only to this planet Earth.

Of course not.

Les: This is what I was thinking. They take in other galaxies as well, do they?

Let me tell you this:

You humankind are only one lot, in all of CREATION.

Why do you think you would be an exception?

Les: I didn't know whether there would be halls of records applicable to each planet, such as ours, or whether they were all congregated under one roof, as it were.

I see, I see, I am sorry. I think I misunderstood you. Yes, I have said many halls of records, yes of course, I see what you mean. When you enter these halls of records, of course there are sections, sections separated where different records would be kept. Only the keeper would know what existed within the hall, but all life, all of creation has their own record. So you see, all are separate, in a sense. Your records would not be mixed with anyone else's. Each is a separate unit.

Les: And does a similar pattern have to be followed in each of the cases, where the halls of records operate? I mean are they all able to see their past and their future if permitted? Does the same system apply to all other worlds.

Let me say this: I can only speak of what I know, but I have been told that those of a higher existence, have a different method. Whereas my hall of records would appear to look like a library, or what you would perceive it to be. As the state of awareness and growth is there, so it is condensed to one volume. Rather like a refinement, if you like.

Les: So all extraneous matter is disposed of.

Yes as all excesses are disposed of, so too are all of the records.

Les: Yes, because they would not be applicable any longer, because of the development of the person concerned.

Exactly, you have it yes. That is what I am saying to you.

Les: Thank you. That makes it much clearer. And of course, that in our conception of time, is infinitely far away.

We are speaking, yes, to areas that are beyond my knowledge, but I have been told of them and hopefully one time, as I grow, perhaps I will be allowed to be keeper of one of these.

Les: Well, I hope so too. It must be a most rewarding job to have.

It teaches me a great deal. My love of people has become enormous. To help one soul find himself, to know what he is about, is indeed a great joy. And to be within the presence of the 'Board of Beings,' is something I feel humbled by, and also honoured too.

Les: I can understand that. And a number of us here can, because we have been fortunate enough to have experienced a visit, albeit a short one, from higher beings, and we have felt just like that, honoured and humbled. So I do understand your meaning.

Of course. These beings radiate great love—great love.

Les: We were told a little while ago, of your halls of light, which we didn't know about.

You didn't know. Well, perhaps someone can come and tell you more.
Les: We would be most grateful for any other information we can get. And tonight really has been beyond our thanks, for what you have told us.
Salumet is saying to me, you have not told them about the structure of the records. (gentle/kindly laughter)
I apologise, but perhaps he will allow me another visit.
Les: Well I certainly hope so. We shall certainly look forward to it. It's been immensely interesting—and has taught us a great deal also. We all thank you most sincerely.
I hope the visit has been as worthwhile for you, as it has been for me.
Les: It's very nice of you to say so, and I'm sure it has been even more so for us. We do thank you again for making the effort to be with us.
And I want to thank the instrument sincerely, for all my difficulties in using her, if you would be kind enough to say this for me.
Les: I certainly will do. It will be my pleasure to do it. And I'm sure it will be hers to know that she has been such help. God bless you and our love goes with you.
Salumet then returned briefly:
My friends, I hope you found that interesting.
Les: We can't tell you how interesting.
I will of course, bring him another time.
Les: We just can't, I think I'm right in saying we are overwhelmed Salumet. I think my colleagues would agree with me. Overwhelmed by what we have been told tonight. It is so much to think about.
The effort made on his part was indeed a great one.
Les: We do appreciate it so much, we can't say fully.
I would not have brought him, if it had not been so. Now for this time, I leave you. May love surround you all as you go about your daily duties.
Les: And you Salumet and our friend the keeper. We look on him as a friend now.
I'm sure he does too.
Les: God bless you.

~20th February 1995~

Good evening.
Les: Good evening to you again.
As always, I am happy to be with you once again.
Les: We're very pleased to know that. We are certainly very happy to have you with us. And I would like to thank you for bringing your colleague last week, before we start any questions this time. It was greatly appreciated and most interesting—the keeper of the records.
I will bring him again, as I will many others.
Les: Thank you, that is lovely to know. It is certainly becoming more and more interesting at each session now.
As time goes by, so too will be our ability to use you all, to a much greater degree.
Les: Good. That's very nice to know also.
As I told you at the beginning of our union, slowly, slowly and that is the way we must approach each meeting.
Les: I do quite understand.
But there is much promise.
Les: Good. And I would like to thank you too, personally, for the information and guidance you have given us all, on concentrating on remembering what we do, when we come over to you. And I have had two very delightful experiences. I won't waste time by going into all the details, because they won't be of interest to others much. But, I do appreciate the information you gave, that enabled that to happen.

I am always grateful that you think what I give is useful to you. I am deeply humbled by those words. I hope that the words I speak to you all, will bring you advancement of a kind. Of course, each individual will have their own awakenings.

Les: Yes that's understandable. Now, I send copies of your replies to our questions and to your other speaking, to my daughter in a far country. She has asked me to put a question to you on her behalf. So with your permission, I will do that.

Of course.

Les: She has noticed in the recordings, that frequently you say, 'Let me speak on that.' Then there is a short silence before you do begin to speak. She has an enquiring mind and is very interested in what you have been saying and she asked me to ask you, does the silence mean that you are searching for information, in some sort of record, or does it mean that you are being fed the information, before you give it us? Or thirdly, does it mean that you are receiving information in your own language and translating it into simple words that we can understand? I hope that's clear.

It is clear to me. Let me answer you please. I have to tell you, none of those statements are correct. The reason for the hesitancy on my part, is to do with the use of the instrument and the power available. It is nothing to do with seeking further for information. The information I come with, is all-knowing and all-giving.

Les: I thought it would be actually.

So you see, I need not seek further for the answers, unless a question was posed with which I had no knowledge. In such an instance I would retreat until another time, to bring forth the answer. So while I pause, it is nothing to do with seeking or searching, it is merely a functional thing.

Les: Right, well thank you very much for that answer.

I hope that will be clear for her.

Les: Oh yes, I'm sure it will. It is for me too. But we do like to know the reason for some of these things as you'll understand.

Yes. This time, before we continue, I want to say something about the young gentleman within the room.

Les: Yes, would you like him to come nearer to you?

Not necessary. But I wish to say this to him. His awareness is becoming greater as the time passes by. He is capable of much, *much* deep thought and feelings. I would suggest to him that his feelings and his thoughts be placed upon the paper.

Les: You hear that Mark?

Mark: Yes, thank you.

It may *seem* to begin with that I feels it is his own mind thinking. Let me assure him, it will not always be so. He is ripe now, to be used. I of course can only suggest and the rest is up to him.

Mark: Is there anything I should do to get it going?

I would say to you all, as I have said before, cultivate your time of meditation, or quietness, whatever word you tend to use. That is all. Give yourselves the time to meet that mind consciousness, where we can reach you, it is so simple. Nothing—*(pause)* ***He* has a full heart, this one. There is much help he can give with his words, if *he* will make himself available to us.**

Les: I wonder if I might make a suggestion here. I used to find when I wanted to do some thinking, that writing my thoughts was a distraction. And frequently when I used to speak on the subject at various churches, I made copious notes, which having got there, I never even looked at and I was aware that I was being impressed in my speech. Would it be helpful to the young man to speak his thoughts into a recording machine? Would you be able to influence his thinking in that way?

I see no problem in that direction. You may well be aware that around your Earth plane at this time, many are using such instruments for communication with us. I see no problem if this is what the gentleman wishes. He will be guided as to what is most suitable.

Les: Yes, I'm sure he will.

But let those thoughts and those feelings flow freely, because there is much this one can do. You see, I think you would say, he is a poet at heart. It needs to be expressed, for the benefit of all. After all, your

life's work, for all of you, is to express that aspect of yourself, to help others. That applies to *all* of you, you see?
Les: Yes. So whatever abilities we have, in whatever way they may begin to show themselves, they must be used for the benefit of others.
You all have these gifts. I have said to you before, you are capable of so much, but you must allow yourselves those quiet moments. You *must*, otherwise how can we reach you?
If you have more questions this time, I will be happy to answer them, but I would like to say to you, for part of this time, I would like you all to be still and allow what comes to you, to be expressed. Would you permit this please?
Les: We should be pleased to do it, yes. Does anybody have any questions before we begin? Any questions you'd like to ask from what you've been told Mark?
Mark: No I don't think I've got anything actually.
Les: It's clear enough is it?
Mark: Yeah, there's no point in me asking about it. It's supposed to come, isn't it. I've got to meditate really.
Les: Yes, just start the quiet periods and if you begin speaking, you'll soon know whether you are being used for that speech or not.
Anybody else with a question? *(no comments)*
Right then we'll do as Salumet suggests. Sit quietly and please give out whatever comes to you, whatever you receive.
There then followed some clairvoyance from different people. Eileen 'sees' a leper receiving treatment involving the venom of a particular type of snake—yellow and black and quite large. Others picked up various images.

~27th February 1995~

Good evening friends.
Les: Good evening to you.
Again I am happy to join with you.
Les: Thank you, very pleased to hear it.
This time, we would wish to devote some of your time, to the use of other vessels. For those who are open to us, we can bring much. So this time, that is what we intend to do. So I will begin, as usual, with your questions, if you so wish.
Les: Yes, I have one I would like to ask. It relates to what we were told a couple of meetings ago, by the *'Keeper of the Records.'* We found him a most interesting person and I've been thinking over what he said and I'm quite puzzled of course, as I expect my colleagues are. I can understand and accept, that we have to have various lives planned for us, but are they *all* planned? He said that we are able to see the lives which we shall have to live in the future, as well as those which have passed. And I wonder how those lives are planned, who or what plans them? Because he said that we cannot opt out of them, though we have free will to use, during the progress of that life, on this Earth. ***(Yes.)*** I hope I've made myself clear.
I understand that you find this difficult. It is a difficult subject for all of you. let me try to explain further for you. *(Thank you—)* **When I speak of your future life, what is there is the outline structure. I have said to you before, you *choose*, the soul chooses it's life. But within that free will, there lies an outlined plan, can you see?**
Les: Yes I can and this is what puzzles me. How does that outlined plan, which I fully accept and understand, how does that begin in the first place? Who or what decides what the plan should be?
We are speaking here on deep matters. I have said, *all has existed, all is, will be and is already past.* You cannot look upon these matters, with your physical thinking. It is not a judgement placed upon each soul. When I say it is set out for you, it is something that has always existed. I know not the beginning of these matters, I can only tell you it has always been. If you are looking for me to tell you that there is a beginning and an end, then this I cannot do.
Les: Yes, you have told us this before, that you are not aware of a beginning.

As far as I am aware, there is no beginning, there is no end—*'All is one.'* I cannot tell you more upon this matter, because I do not know more. But I see the point you are coming to. You cannot think of it as beginnings and endings—that is not the way of it.

Les: I follow, so my thinking has been wrong.

I **would not say wrong. You are right to think on these matters. But I cannot be more helpful than the words I have spoken.**

Les: Thank you very much for what you have said. The Keeper did tell us that he would be speaking to us again, so I might be able to ask him for a little more information if he has it to give.

He will tell you no more than I have told you now.

Les: Is that so? Because he doesn't understand the full complexity of it either then?

Let me speak to you. There is no one who can come to you, who can explain, what you term 'the beginning,' because there is no beginning. Or it may be that we have not advanced enough, because of course, *all* consciousness is ever expanding. So you see the problem?

Les: Yes, that creates another problem, doesn't it?

That is another topic we must touch upon. But I see the point you are bringing to me. It is a difficult subject, but I cannot offer you more.

Les: So obviously, if we see another life that we have to lead, we are not able to opt out, because, from what you say, it has already existed and happened.

Yes. What you see is the structure. What you choose, is the pathway. The structure cannot be altered, but your choice, can change the way you travel that pathway.

Les: Yes, that is the free will—

That is your free will. That is something you are responsible for. But you cannot opt out of those things you need to know, to go forward in your growth.

Les: It certainly is a complicated procedure.

I don't think you can fully comprehend these matters, until you have grown a little more.

Les: I can quite see that now.

It is too vast for your physical brains, your thoughts and your conceptions of time, space, of all that ever-expanding consciousness.

Les: Yes, I would agree with you absolutely—

It is too much for you to take now. I am sorry I cannot answer it more for you, but I have told you, I am not infallible either.

Les: No, but perhaps that's part of the plan, that it *is* too difficult for us to know, in case we try to analyse it too much and make a mess of what is intended, as we probably would do.

There will always be questions and doubts. That is normal, because you are humankind. It is not a fault, it is something that is unique with you and of course, you will not find all of your answers.

Les: And I don't suppose I'm the only one who has these questions.

Not at all, not at all. There are many, many who seek to find answers to these questions. But only so much can be given to you, that you can fully understand and accept. I am sure I have been telling you many things that have created doubts, but that matters not. It is entirely up to you, your own choices, your own free will, whether you accept or deny that which I give to you.

Les: Oh, I would certainly never dream of denying and I do accept it, because I know you are telling, so far as you know, what is the truth, that we should know.

I come only with truth, with love for you all.

Les: Quite. Well we fully understand and appreciate that.

But there will be times, when it will be difficult for me to find words for your questions.

Les: Yes. Never mind. One day, we shall know a little more of the answers. Until then, as you have said so often, patience, patience.

My son, you will never find all of the answers. I still am seeking my own answers. It is a never-ending pathway.

Les: Of course, it must be, particularly, with an expanding universe and consciousness.

Yes you see, you are thinking within a very, very small minute area of the whole. It is difficult to place these small questions within that huge, huge area, you see?

Les: Yes I do see, and we do appreciate what you have told us and we look forward to hearing much more from you and your colleagues. At least it will give us something to think about and hopefully improve our own development.

That is what we wish, that you can listen to us, take what you can from us, so that you are able to expand that knowledge, which all of you have, because after all, you are each and every one of you, on your own individual pathways. So you must take from us, that which you can accept.

Sara: Can I ask a question? It's a personal question. Is it possible for you to tell me some of the things I agreed to do before incarnating?

No my child, I am not prepared to do that for you. It is not that I do not know, but *why* should you need to know.

Sara: Only so that I can fulfil what I came to do.

That is not the purpose of your task. You need to encounter each part of this lifetime as it comes along. So you see, it would be like jumping a high fence too soon. The problem could be that you would stumble and fall. Can you see the comparison? *(Yes I can.)* **So it is better that you fulfil that part of yourself, which you have agreed to do in this lifetime, one step at a time.** *(Yes, I understand.)* **Don't' be concerned, you are travelling on the right pathway, so fear not that you will not succeed in what you have come to do. I can tell you that much,** *(Thank you.)* **but I will not individualise each and every deed that you have come for.**

Les: Thank you very much. Are there any more questions?

George: Yes could I ask one? Would it be possible at this stage to tell us something more about yourself. You have told us the analogy of the diamond and the facets and we understand that. You have told us that part of you has had Earth life. It would be interesting to know something of the other parts perhaps. Would some parts have had entirely spirit plane life? It would be nice to know more about you.

Well I am honoured that you find me that interesting, but let me say for this time we will leave that. But I promise you to come another time, when I will discuss a little further with you, some of the aspects of my being.

George: Thank you.

Les: We have talked about it—

I am aware that it is natural for you to be curious. I accept that fully and I will spend some time with you to try to explain a little more, of what I am about.

Les: That's very nice of you, thank you Salumet.

Now, I think for this time, we must proceed with what has been planned. I ask all of you to allow yourselves to be open, to offer yourselves in love, to be used wherever you can. There are those who are waiting to use you. It will not be anything to do with the work you are familiar with. These are people who wish only to have the opportunity to speak—to speak through these vessels. But they must allow themselves that openness.

Les: Of course. So it's in order for me to speak with them?

You speak please. It will not be your 'rescue,' that you have been so used to, in the past and still are doing. That is not what this meeting is for.

Les: Good, thank you. I look forward to greeting them when they come. Thank you very much.

I will remain within the room, within the instrument I am using, until the end of the meeting, if you will allow me this.

Les: Yes, we shall be pleased that you are here.

There then followed a communication through Sue:

May I speak with you please?

Les: Yes please do. I should be delighted if you do.

My name is Ninahara. *(?)* ***My purpose here is to tell you something of the love that surrounds you all.*** *(Thank you.)* ***Within your room, there are the colours of love, each a never ending movement, do you understand me?***

Les: Yes we do. We are very happy to know those colours are surrounding us, so constantly.

You have much surrounding you. You are the lamp, the lamp of such power, but the power you have is wisely used. And for that reason, the colours surrounding you are bright, much brighter than you possibly understand.

Les: That's very pleasing to know and I regard it as a privilege to be able to work as I do.

You are a modest man. The others in this room are hand-picked, do you understand me when I say 'hand-picked?' *(Yes.)* ***It is not by chance that these lovely people have this room. Everything as you know, is for a purpose. And we fulfil that purpose and are so happy when everything falls completely into place.***

Les: That's why we all regard this work as a privilege, I think, to be able to draw nearer to you all, who come to give us such love.

You are more than near. You are a part of us and we are a part of you all.

Les: Yes, I think we have reached the indivisible stage.

Words are difficult when the understanding is so limited. I feel that what I am saying is not strong enough, but other words would be difficult for me to put into the language, you understand?

Les: Yes I do understand what you mean. We too find difficulty in expressing what we feel sometimes, when we know we are close to you and when you draw close to us as you are now. It is a spiritual awareness, that's all we can say, the only way we can describe it.

May I ask each one here, to take into their mind's eye, the image of their favourite flower?
THINK OF IT. BECOME PART OF IT. FEEL THE STRENGTH OF EACH PETAL. HEAR/LISTEN TO WHAT IT HAS TO SAY. THIS IS A LESSON TO BE LEARNED.

Les: Did everybody hear that? *(general agreement)*

It may seem unintelligible, but in time this lesson will be of great value, not only for yourselves, but for nature as a whole.

Les: Thank you. Yes, we don't usually think of a flower as having strength, but I do understand what you mean and if we think of the effort needed and strength required, to push up through the soil, we can get better understanding of your symbolism.

You are wise beyond your years. Now I leave you. I do hope a little of what I have said is understandable to you.

Les: Oh it is indeed. And we do appreciate what you have said.

It is a privilege also for me to be amongst you.

Les: Nice of you to say. You may not admit it, but we do know how difficult it is for you to enter our atmosphere again, from your beautiful land.

It has to be done and we do it quite—*(keenly? tape very faint)* ***Now, I send such love to everyone here and to their families and people close to them.***

Les: Thank you and our love goes with you.

Remember the flowers.

Les: Yes we certainly shall.

Feel the power of the flower.

God bless you all.

Les: God bless you too. And thank you again.

Some time for individual development followed.

Then we had a visit from a well-known author from our past, through Sue:

Les:—You can speak if you wish you know. I'm sure we'd all like to hear you. It's very nice of you to be here.

Thank you for your welcome.

Les: We are glad to have you.

I have never done this before.

Les: You haven't? Well congratulations. Many people try and are not able to say one word. But you're doing quite well and the more words you speak, the easier it becomes you'll find.

Words used to be the purpose of my life.

Les: Did they, In what connection? Were you a Teacher, an Orator?

I wrote.

Les: An author were you?

My name is familiar to you.
Les: Would you care to tell it to us? You don't have to, but we would be interested to know, if you are allowed to tell.
My name, the name you would recognise, is 'Dickens.'
Les: Really! Oh this is very, very nice indeed! And how do you like now, being able to write after mental communication and not having to bother with the verbal speech?
You must find it a great advantage?
Charles: ***I have used that communication and find it so very beneficial.***
Les: I'm sure you would.
Charles: ***When I was alive, I used to read my work out loud. To now read, no not read—to allow myself—no I am sorry, the words do not come.***
Les: No, I think I know what you are trying to say. That though the mental communication is beneficial in many ways, you are able to form plots for the plays you still write, which you do I know, you still are aware for the need of the physical impact of the words. Is that right?
Charles: ***Yes. My life was spent speaking and writing. Now the thought process means I have a wider audience. But the work that comes from me now, has a greater purpose. Which is why the audience is so much greater, than on this plane.***
Les: Of course it would be, because your thoughts can reach so many, many more, than the written word could, or the spoken word on the stage.
Charles: ***My works here, I believed contained a message for people that were able to read between the lines.***
Les: Yes, it had to be didn't it, otherwise you would have been in serious trouble, quite often.
Charles: ***Part of my work provided a balance—****(?—tape very faint)* ***I understand that now.***
Les: Yes, and do you still write on the same subjects?
Charles***: No. My works, I believe are still widely read, on this plane. Therefore the work I try to do in spirit, has a different meaning.***
Les: Yes of course. And you were aware largely, of the continuity of life you now enjoy, when you were upon this Earth, weren't you? It was a very real thing to you.
Charles: ***In part yes. But even now the learning process is very slow.***
Les: Yes of course. We all find that. And have you met any of the major characters about whom you wrote?
Charles***: My writings contained many characters which existed only in my head.***
Les: I see. Not based on any physical person?
Charles: ***Some. But if I have met them in spirit, then they have not been able to tell me.***
Les: You must be grateful now, with your new knowledge, of what you did do when you were on this Earth and the information and pleasure you gave to all those who could read and relay your words. I know there were many still illiterate in your day, but those who could benefit, did benefit I'm sure.
Charles: ***I am humbled in the knowledge that my writings are still read and understood.***
Les: Oh they are still read. They will never die.
Charles: ***They are just mere scratches, compared to the works I am privileged to see now.***
Les: Good. It must be very gratifying for you?
Charles***: And in the mental processes which enable me to influence in a small way, in part of this work. I am truly grateful for it.***
Les: As are we, in all we learn. Do you try to influence potential writers here?
Charles***: A part of me is with someone, who is writing on your plane, at this time. I find it difficult to explain. I am no longer one whole person. Do you understand.***
Les: Yes I do. We have had some speech on that very matter, from our friend Salumet.
Charles***: Yes, it is through the one you know, that I have been summoned here with you. If I say to you that on your Earth, when someone shows rare abilities in writing, music, artistry, then part of their spirit is guided by part of another. And so it will continue as time goes on.***
Les: Good. And I'm very pleased to hear, because the influence from your plane, on the writers on this one, can only do good. And the world certainly needs a lot of better treatment. Well, thank you very much for having come here and telling us who you are, we do appreciate it.

Charles***: I am more privileged to be here and you all to receive me. Thank you for your time.***
Les: Thank you for having taken the trouble to come to us. It is a rare pleasure to have you. Charles***: (***tape very faint/unclear) ***I am privileged to have spoken—I leave now, thank you—***
Les: Thank you. Perhaps you'd like to come again and talk to us. We'd always be interested, if you did wish to.
Charles: ***I believe I am to return to read to you, some of the works I am involved in—***
Les: Yes, well thank you very much. Our love goes with you. God bless you.
Salumet then returned briefly, after a short pause:
Is it not good that so many wish to use others, for the betterment of all?
Les: It certainly is good. It's been really remarkable this evening. And we do appreciate it and thank them, all of them.
I want to say it warms me greatly, that the last speaker should feel so comfortable with you. Because I tell you, he came to our side of life, full of resentment and a little anger, because he felt cheated. He needed more time, he felt he was the mouthpiece at that time, for the common people.
Les: Yes, I can understand his feeling that.
Although he had an awareness of life, he felt cheated that he was taken at the time he was. But now, he can see the wider plan, and that his work continues in a different manner. But for some considerable time, his anger and his anguish did much to hurt himself.
Les: That's a pity. I'm glad he's overcome it now.
You have seen a completely different character, to the one who first came to our side of life.
Les: It must be satisfying for you to see the change too. You and those who work with you I mean, of course—all of you.
There has been a purpose for his return this time. I have spoken to the gentleman about the use of the pen. *(Yes.)* **I wish him to think carefully on what has been said this night. I want him to find the connection in the words spoken.**
Les: Right. I think that applies to you George, doesn't it?
No, the other gentleman. *(Mark)* **If he will pick up the pen, the connection is there. Before I leave you this time, I want to speak to the people I have been speaking to. There is within their circle, a young child. Can you hear me please?**
Les: Can you hear Mark?
Mark: Yes.
There is a child you are all aware of, is there not?
Sara: Natalie?
Yes. This child at times seems difficult, yes?
Sara: Lively, very lively.
Difficult yes. This child has an awareness and she needs to be nurtured carefully and you, my child, are the one who can help her.
George: Is it Natalie or Ashlea, there are two?
Sara: Two blonde children.
She seems a difficult child. At times very quiet and how you would say, a little sulky?
Sara: Ashlea! I know.
You know the one I speak of. This child is sometimes put down rather harshly, for her sensibilities, you agree with me? *(Yes I do.)*
You my child, must help her. Just listen to the child. She is not physically abused, but her sensibilities are.
Sara: Yes, because she is very imaginative.
Yes. Her awareness is great. Please listen to her, she will confide in you. You will find the right words, the right action. But please nurture that child.
Sara: Yes I will. She's very special.
You have said the right word. In that child there is a great deal that can be brought forth. You know she can *see* and she can *hear.*
Sara: Yes, I know she's very bright, very aware.

Les: I think Salumet means spiritually, clairvoyantly/clairaudience. That is right I believe, isn't it?
Yes. Listen to her. She needs someone who will *listen* to her. Now I say to you all *thank you, thank you.*
Les: Thank you very much for allowing us to work with you all.
I hope this evening has been instructive to those who have been used. And to those who have not voiced any words, don't be concerned, because your contribution is just as great. My love goes with all of you.
Les: And our love with you and all your colleagues. 'Thank you' is such a simple thing, but it does mean so much from us.
To the young people, the future will get '*BRIGHTER'.* *(thanks + fond farewells)*

~6th March 1995~

Good evening my friends.
Les: Good evening again. Thank you for joining us. I'm sorry we're a small group again tonight, but two of our sitters have become married and are having a little break. Another one is in Hong Kong and a third one is looking after some children, a forth one I should say. Still, I'm sure this won't effect things very much.
It is good when the numbers are full, but it matters not what number is here, provided the love and the genuineness is here with those who come.
Les: That is the important thing, isn't it.
How many of you within the room, are aware that you have been with me, since our last meeting.
George: Yes, I think at fleeting times—
There lies within you many doubts, when you feel that perhaps something special is happening to you. Firstly, let me say to you, that is good, that is good that you should have these doubts to begin with. But I would say, look deeply to the matter I hand and when you are sure within your own hearts, then please accept it. All of you have been with me this past week.
Les: Good, that's very pleasing to know.
I want to know from the gentleman, what he has retained please. What do you remember?
George: I have very limited recall, where my dreams are concerned at the moment, but I seem to have a half-awareness. I awakened one morning, knowing that I had had a dream concerning my father, but I couldn't remember what the dream was.
Have none of you awoken to find yourselves feeling a little 'down' this week? *(general agreement)* **Yes, you know why, don't you? Because coming back to this existence, is rather like a shock to your system. And so the feeling of being a little down, is natural. I am happy that you have felt this, because it indicates that what you have experienced is good, can you see?** *(general agreement)*
Les: That would account for my feeling very down about a fortnight ago and I just couldn't understand why, there was no obvious reason, but I awoke in the morning feeling really down.
It is because you *all* have been elevated to a higher plane. You see, if your awareness had been greater, you would have retained a memory. But I am happy for you, because there is continuity and you all have felt it.
Les: Good. Is there anybody else who is aware of having been with Salumet? Any unusual/pleasant dream?
It matters not. The fact that *all* have felt this feeling of being 'down,' as you say, is good. It shows that you all have experienced the same feeling.
Debbie: Can I ask a question? You said for us to remember our experiences when we are asleep. Should we be putting it into our heads when we go to sleep, that we must remember what we dream? Because I try to think before I go to sleep, subconsciously to remember what I've been dreaming. And I tend to find now that although I'm asleep, I feel like I'm awake.
That is good. It is your awareness coming to the surface. I believe I have said to you, before you enter your sleep state, then reaffirm to yourself what you wish. It is the power of your thought once more.
Debbie: That's what I've been trying to do, because if you put in you head, before go to sleep, a certain time you want to wake up, you will automatically wake up at that time.
Continue as you are and you will be granted *that* that you wish. You see, the power of your thought will create, that is how it exists in the spirit side of life. The thought is projected forward, therefore it

becomes an actuality, do you see? *(Yes.)* **Good, *good.* I am so pleased for you all. Please continue to open up all of your senses.**
Les: If no one else wants to make a comment, I have been doing as you suggested Salumet, and jotting down my dreams or visits, to see if I could sort out which was which and I did have two quite interesting experiences. I was standing on a beach and someone was giving me some very large fish and I had an awareness that this was symbolic of spiritual feeling, which would be given. The other occasion was that I was at the front door of what would appear to be a normal house, but it was all white. The front door was opened without my knocking, by a lady in white and I just went in and that was the end of that.
Good, good, let me explain for you, shall I? Let us take the second part of your question. The white house, of course, is symbolic of a house, as you would know it, because here on your Earth plane, that is where you feel secure and comfortable. *(Yes.)* **Yes. You entered freely, because you knew within yourself that you would be welcome, you would be safe, you would be secure. The lady within, with the white robes, is one of your own teachers. The fact that you do not remember or recognise her, should not be a concern for you. As your visits become more frequent, so too will you gain more knowledge, more teaching, to bring back. Your visits there, are of an instructive nature. This I have told you before. But the very fact that you remember entering and seeing the lady is good. Continue as you are. Do not have any doubts that what is happening to you is all in your mind, as you say. These things are taking place.**
Les: Good. I must admit, I awoke each morning after those two incidents, feeling very, very happy, for no apparent reason.
It of course brings me to the first part, which will explain why you felt so. The fish was symbolic, as you say. It was a gift given to you. But what is more important is the location. To stand by the sea, denotes strength. You were being given help and strength. It was a simple gift, to be accepted simply. And you did so in that manner. So you see, that spiritual strength sustains you. That is why on awakening, you could feel and sense that spiritual strength.
Les: That's very, very interesting. Thank you for the explanations.
Please *all* of you continue, we can give you so much more, on our side of life.
Les: Yes I certainly look forward to my visits now.
But remember, if you awaken and you feel a little down, rejoice in the very fact of that feeling, because know within your hearts, you have been elevated to those higher realms. If the feeling remains with you throughout your daily tasks, then please by all means, ask for it to be removed. Would anyone like to ask me anything this time.
Lilian: Could I ask one. It's on behalf of the instrument that you are using. ***(Yes.)*** She wonders where she goes when you are using her.
Of course. I will say, you know of course that the physical shell, is still within your room. But to be able to use an instrument as we do, we have to put them to one side. I don't mean physically, or even spiritually. What happens is, the energy from the etheric body, is elevated, raised if you like, far above the physical being. *We* then are able to use the instruments without harm. It is a very technical thing for me to explain to you. But simplistically, it is the energies of the etheric body, which is placed to one side. The physical being remains intact. I hope that satisfies you.
Lilian: Yes. I'll tell her.
Sara: Can I ask a question? The artist who was known as Claude Monet, is he continuing to inspire with his paintings in spirit world?
I will speak a little. On the whole when people, no matter what their professions or their inclinations were, whilst they were in the physical bodies; **if that love, that gift that they have is strong enough, then that very love will be carried forward into spirit. Those beings will then, if they so wish, continue on with what they have started with. We have spoken briefly on these matters. But I can tell you that this particular artist, is now involved in other things. he had expressed fully whilst on the Earth all that he wished. He has now moved forward to other things that involve people and helping others.** *(Thank you.)*
Les: Any other questions for Salumet.
Debbie: Yes, can I ask one? Over the centuries there have been loads and loads of superstitions. Is there anything actually in these, or is it just like a myth?
I'm sorry can you elaborate a little.

Debbie: Well people say it's bad luck to walk under ladders and that if you break a mirror it's seven years bad luck, that type of thing, where do they come from?
Oh, who am I to say, how your minds work—
(laughter) **Forgive me—yes, yes, yes, yes. Please—people are so buried in their thinking, you see. I'm sorry if I seem amused, but so often we see these failings. And you see, basically superstition stems from fear. It is a fear of something, of the 'unknown' usually. But eventually these superstitions are dispelled. But I would say to you, FEAR NOT, fear *nothing* whilst in your physical bodies. After all, what is there to fear? You know life is eternal. Let go of all of your fear and you will find that your life plan *falls into place*. I hope that has satisfied you.**
Debbie: Yes.
Yes, I beg your pardon if I should seem so amused.
Les: We could have a chat about it afterwards if you like Debbie, because there are some physical reasons for all of them, if you want to know afterwards.
Debbie: Yes, it seems strange doesn't it?
I have to say to you, the human brain conjures up many, *many* of it's own devils, if you like to call them that. I know it is a term that is thrown around lightly and that is what it is, fear.
Les: For instance Debbie, to us black cats are lovely, aren't they? Whereas in other countries they're unlucky. So you see as Salumet says, it's purely our minds.
The power of the thought—always we will return to that statement. You have the power for good, you have the power for bad. It is all the same energy, but used in a different way, you see?
Les: We use black for morning. The Chinese use white for morning. So you pay your money and take your choice.
Debbie: It seems funny, where do they come from—
Les: Just as Salumet says, from fear of the unknown really.
Debbie: But I mean, walking under a ladder, it seems so—
Les: Well that's logical because supposing a chap's on it and drops a paint pot—that's why you don't walk under a ladder. It doesn't mean it's going to be unlucky. It might be unlucky for somebody, but not as a general rule. Why do you throw salt over your shoulder? Because the Devil was supposed to be looking over your shoulder and he was after the most expensive thing: salt. Do you see how they derive? *(Yes.)* It's all physical. Sorry Salumet, I got carried away a bit.
Not at all. I am always pleased to listen. I come here, I speak many words, so it is good sometimes I listen. I wish to say to you this time, how grateful, how delighted were those who came last time. If only you could be aware of the joy that you have given to those who came. Indeed, you would be beaming.
Les: Very pleased to hear that, thank you. We're always very happy to welcome anybody as you know.
For the rest of this evening, we want to try to bring one other, through this one here. (Sue.) **It may or may not happen, but be patient. I will work with this instrument I am using. I thank you for your love and your patience and I wish to say next time, I will bring someone who wishes to speak to you, on a particular subject.**
Les: We look forward to that.
So my visit next time, will be very, very short.
Les: Well thank you for what you have told us tonight and for your teaching.
The love be with you all, until next time.
Les: Thank you, God bless you.
There then followed someone through Sue, who was connected to Les:
*(faintly)—**I am part of the spirit that you know as Lesley Bone. But I have been part of the spirit of different names, different earthly characters.***
Les: This is incredible. So on a logical basis then, would it be correct for me to say I am speaking to part of myself?
Yes. It's difficult for you to comprehend, but that is the easiest interpretation of what I am. We are connected by such a thread of love, I have been with you, I am still with you, I will be with you in our future.

Les: Thank you very, very much. It is difficult to comprehend, from what you say, but I am effectively, my own guardian and councillor. It is something we cannot understand. But from what your friend Salumet, my friend Salumet has told us, when we do achieve higher development, we have many paths, many facets and can be in many places at one time. I presume that this is what you in fact have been confirming to me, during this speech.

Your understanding is greater than was first imagined. This is a lesson to everyone here. We are many, many facets.

Les: Thank you. I will tell them that. And that presumably is why we are all congregated together as one now, for these meetings. It was so written that it would happen.

Let me say that one person here, is just a small part of a large and amazing whole.

Les: Yes, I can see that now, from what you say and from what Salumet has said.

There is no such thing as 'one person.' Individuals are in the earthly plane, because it would not be possible to exist without one physical body. Do you understand me?

Les: Yes I think so.

But remove the physical and everything multiplies.

Les: Yes I understand what you mean: Removal of the physical gives freedom to the spiritual. To take it's particular place, among the myriad of parts, of which it is composed.

In speech I leave you, in thought I will always be with you. In thought I will speak with you, during your sleep time.

Les: Thank you I should be glad if you would. I shall look forward to that.

Now let everyone here ponder upon my words.

Les: I'm sure we all shall do that and try to come to a greater understanding of them. And we are all very grateful to you for having visited us tonight and for the words you have spoken to us. Could we hope that you might one time return to speak with us further?

It may be possible. I am constantly with you.

Les: Thank you. And we all give you our love and great appreciation once more, for having been with us this evening. God bless you.

Then a lively/lighter spirit came through Eileen to close. She had a message for Dawn about taking care with her ankle.

~13th March 1995~

Good evening. I feel your love, thank you. This time, I hope to bring someone to speak with you. I will ask you only that you lower your light a little and whilst we wait for the arrival, continue as usual. Speak amongst yourselves quietly and you my friend, will know when they are her. *(Thank you.)* **It may be that more than one of the instruments can be used this time, but we have to wait and see. You will be able to deal if that should be so, yes?** *(Yes—)* **So for this time, I leave you with my love and my blessing.**

Les: Thank you very much. I have been speaking to you this week, I don't know whether you are aware—on a couple of occasions I thought it advisable to, so I did.

Let us talk upon it next time, shall we? Let us see what we can do this time, because I did promise you other people to come.

Les: Yes of course, thank you very much. God bless you.

A 'rescue,' then followed, which we generally do not transcribe, though a selection can be listened to freely on our website:

http://www.salumetandfriends.org/7.html

Salumet's guest then arrived:

Do you hear me! *(very loudly)*

Les: Yes we do thank you, very clearly. And we'd like very sincerely to welcome you here.

I am trying to temper voice.

Les: Yes it must be difficult for you.

It is primitive way of communication. But I am doing best.

Les: Yes, I do appreciate that and we thank you for your effort. It is not your usual method of communication, I know.

All please focus thoughts to me, to help with this noise please.

Les: Yes, we will all focus our thoughts on you, send you our love and such strength as we can, to assist you in using the instrument's voice. Will everybody do that please.

Please do allow a few more minutes your time, I think please.

Les: Certainly. As long as you wish.

This is so strange for me, but I think I have it now, more gently.

Les: Yes you have and much clearer too. Are our thoughts helping you?

Always good thoughts. Salumet told me what I was doing wrong. With his permission, I am here.

Les: Good. We are very grateful to him, for having brought you.

Firstly let me say how sorry I feel for you humans, that you have this to do each time you communicate. It all seems rather primitive, but I suppose to you it is normal.

Les: Yes it is normal to us, but I'm sure we all look forward to the time, when we shall be able to communicate in the way you do and regard that as normal. But until then, we can only thank you, for the effort you make, in communicating in our physical way.

I have visited Earth before, but never to use words. So you can say, this is great honour for me, to be brought to you.

Les: It is a great honour for us to have you and I mean that most sincerely. We always feel it an honour when Salumet comes to speak with us and for him to bring one of his friends, is another honour for us. Each time we hope that we shall be enabled to learn more of the world, which awaits us in due course.

I wish I could call him friend, but for me and those with me, he is a teacher.

Les: Is he, I follow. He must be a very great teacher, I imagine? From the knowledge brought to us during his visits, we all believe him to have great wisdom.

He not only teaches here, but in cosmos.

Les: Yes, he has the cosmos to teach in, does he?

That is where I come from. I am what you would call a traveller of cosmos.

Les: Really. Do you visit other planets as you are now visiting us, in order to teach the inhabitants?

I do not teach, but I visit.

Les: You don't teach but you visit other inhabited planets, do you? ***(Yes.)*** What might be the purpose of your visits, may I ask, if you do not teach?

I am what you would term, 'Caretaker' of Earth planets, not only this galaxy in this time, but much further than you'll ever know.

Les: Is that so—that's most interesting. And your travel from one to the other, it is solely by thought and virtually instantaneous, is it?

We don't travel between planets. There is one energy, which overlaps all energies from planets, which enables us to enter.

Les: Is that so—So distance as we imagine it, has no meaning at all to you?

Your time, your energies are nothing to us.

Les: You are beginning to make us feel very, very primitive.

My friends, you are like—let me find name, a whirlpool, you are at bottom! *(chuckles)*

Les: Thank you very much! *(smiles)* At least we know where we are!

You are in matter so dense, so heavy.

Les: Well this makes us even more grateful to you for taking the—I was going to say 'time,' it's the only expression I can use, for taking the time and making the effort, to visit the bottom of the whirlpool.

You would need to speed up your speed of light 10 thousand fold, to even climb a little way.

Les: Yes, I can believe that. And are we, in doing the work we attempt to do now, are we treading the right path, in order to climb?

Within your time-scale, you can do nothing else, other than what you are doing with your limited knowledge.

Les: Good. So at least we are making a comprehensive effort, to better our knowledge of what is to come and of other planets and galaxies.

Your past century of Earth life, has seen many forms of communications with others from other dimensions, whether you know of it or not.

Les: No, we don't know, we have recently begun to know of it, through our friend Salumet. Many have suspected it on this Earth, but there has been no specific definite knowledge, only assumptions so far. Our scientists have conflicting views about the beginnings of the universe, even now. So there is no certainty about anything.

On that I will not speak, I will leave our teacher to speak on that for you. I am only privileged this time, to come to communicate with you.

Les: Thank you. What was the specific object of your coming to us tonight, could I ask that?

The object of my visit here with you, is to show that closer communication is possible, without fear.

Les: Yes, thank you. I ask, because I don't know whether you are aware of the fact that everything spoken here, is recorded and passed on, to many other people outside this room.

That is our intention. It should not be kept, it should be made known.

Les: Yes. Each of us, in our own way, relays this information that we get, to as many others as we possibly can, not only in this country, but in countries abroad.

My dear friends, we see the lights on your Earth.

Les: Yes, I'm sure you must do and of course, in meeting as we do here, we also are trying to improve our own spiritual awareness, of the world to come for us and the universe in general. We know it is going to take a long time.

I believe where you humankind are failing, is that you are developing your brain power, instead of mind power.

Les: This is what we are trying to do here, develop the mind power, which to us is synonymous with the soul and ignore to some degree, the commercialism of developing the brain.

That is what we are trying to bring. It is the work Salumet and other Masters are endeavouring to do.

Les: Yes, well I can't say how grateful we are, for the privilege of having you here and Salumet, as a teacher also. We do really feel greatly honoured by it.

I can tell you, as time progresses, there will be much brought to you. He would not have made his appearance, unless that was to be so.

Les: Good. We look forward to others he will bring to speak to us. As well as looking forward to the information and knowledge that he himself will I'm sure be giving to us in the future.

Perhaps I can come another time, when I have better command of words and use of energies.

Les: Well we look forward to hearing from you again. One thing I would like to ask, because I feel it will be in my colleagues' minds' at the moment, or in their brains anyway. Where would you consider yourself as being based or living, if you do have any particular spot, which you would call 'home,' in the universe?

You will find this answer difficult to comprehend: I am a child of the Light, of the cosmos. I don't have home base, as you say.

Les: And am I right then in assuming, that all languages are of equal comprehension to you, you would be fluent in any language, whatever planet you visited?

I am instructed on the languages of each, but I have to tell you, not all are as base as you.

Communication in other spheres is easier, because of mind contact. Communications not with words.

Les: What we would call telepathic communication, between mind and mind.

Mind power. Your Earth within your galaxy, only a baby, as far as your development goes.

Les: Yes, I'm beginning to understand and realise that.

You are tiny dot.

Les: Yes, we have always considered ourselves to be just a speck in the cosmos.

You are indeed that.

Les: But as long as we are now in the work that we are trying to do, beginning to fit ourselves for a better position within the cosmos, forgetting the physical life or material life, but at least we are beginning to look for the light which one day will come to us, we hope.

It will come to you, believe me. It will come.

Les: Thank you. and now we often talk here about the spirit world and beginning life anew, after physical death, in the next plane of existence. And we believe that to be as physical to the people who live there, as the Earth is physical to us who live here. Are we right in that opinion?

You my friend, have many realities to journey through.

Les: Yes, that is a better word. So the reality of this Earth, is in effect repeated as a reality, when we enter the next phase of life.

There are many stages, each one becomes more of a realty than the previous ones, until you reach such levels, that the baser energies are left far behind you. The only reality becomes the one ahead of you.

Les: Yes I can understand that. And as we progress through the realities, and I like that phrase, thank you for it, as we progress through the realities, so the past which we leave is automatically shed from our minds, is that so.

That is good, you have captured my meaning. As you past through each stage of reality, you become more and more refined and that which you have known as a body or even a mind, ceases to be.

Les: Thank you, so we don't have to carry that past affliction with us, through each progress?

You are reaching to the very top, the very refined. Each step becomes more and more refined. You leave behind all earthly reality and so too Galactic reality, until you enter the Cosmic flow, then we begin to get somewhere.

Les: I see and TIME as a conception then, would cease to exist. We cannot possibly imagine time as we know it, being applied to the progress, through the realities.

It would be unsatisfactory to you all, to try to even explain it to you, because you are too far behind that reality, to even begin to understand.

Les: We are beginning to have a very low opinion of ourselves, you know. *(laughter)*

No my friend, don't. Salumet is appearing, saying: 'Do not allow him to say such a thing.'

Les: But I think so from what you tell us, we obviously are right at the bottom of the pile (☺smiles) and have such a tremendous amount to learn, not that we are going to give up the attempt to learn, please don't misunderstand me. But at the same time, we are aware of our limitations and all of us now, after what you have said, will be making greater efforts, to become aware of those limitations and so enhance our progress.

I would say to you, develop your minds. That is my message to you.

Les: That is certainly what we shall endeavour to do. Now, one thing I would like to touch upon, I don't know if you are aware of our medium we call television—I have no doubt that you are aware of it. In that media often are shown what are called galactic wars, or star wars. The whole emphasis seems to be on destruction and alien forces waiting to battle with each other. Why is it that humanity cannot be made to begin this media advertisement of space, to have it shown in a much more sensible light and peacemaking rather than war mongering?

That's because my friend, you are primitive people. Your brain overrules your hearts. We have been trying for many, many years of your time to change such things, but you ultimately have your own primitive brains, which you have allowed to become contaminated.

Les: True. Well I seem to have monopolised the conversation from this side. Are you able to accept a question from my colleagues?

It is becoming difficult, so I would say farewell to you all and perhaps you can see if someone else can communicate.

Les: Thank you. I'm going to use an expression, the only one I can think of, which would convey what I feel, maybe my colleagues do too, we do thank you most sincerely for what you have said, and personally and I think you would understand this, I feel cleansed.

(there was a very brief reply to this, but unclear on tape)

There then followed another short one through Eileen, to lighten things and close the evening. She relayed a message about the child known as Ashlea. Les then asked her if she could finish with a closing prayer, which she was happy to do:

'Oh great and divine saviour of love,
let us go forward with our daily tasks.

Keep us protected in your love and your light.
Let us feel your presence as we go about our daily duties.
May each and every person within this room,
be blessed with your love.
God bless you all.'

~20th March 1995~

Good evening my friends.
Les: Good evening.
Much has been going on since we last met.
Les: Yes it has. I know it has on our side, but did you mean on your side?
Remember always it is a joint effort. *(Yes—)*
Let me begin with just a few words this time please.
(Yes—) **I have been aware of your many thoughts, your many questions, all of you. I want to say to you all, as I have done previously: I cannot live your lives for you; I cannot change your lives for you; I can only influence and try to guide you. That does not mean your thoughts and your desires are thrown to one side. I know there are among you some who have doubts—and I don't mean that unkindly, you understand?**
Les: No, we accept it as a statement of fact.
I will do all I can to help you all, you realise this?
Les: Yes I'm sure we do.
And I know you will understand that the reply to your questions and your thoughts, will not always be what you want.
Les: No, we understand that too.
Therefore, let me say to you: I gather all of you within my thoughts, within the help and the boundary, with which I am able to give to you. I hear your cries for guidance, your cry for wisdom, your cry for *many* things—and let me say, all of those thoughts are here.
Les: Thank you. You take them to your heart—
I want to speak to the lady at the end.
Les: Right—Dawn? *(Yes.)*
Within her group of acquaintances, she is in contact with an elderly lady.
Les: Is that so Dawn? Answer please, keep the voice contact going.
Dawn: Yes it is.
I want you to be a little more attentive to this lady. She is not forthcoming with her speech, but she is in need of some comfort and you my dear, can supply it. Just listen to her. Look behind the words that she speaks to you, because you see, there is a lonely soul, you understand who I am speaking about?
Les: Yes I think so
Yes you do. Send forth your thoughts of love to this one, she is in much need. Although the front that she presents to the world, is an entirely different one, you would agree? *(Yes.)* **Yes. That is all I have to say this time.**
Dawn: Thank you.
I want to say this time that there are many who would like to use your instruments. And so I am prepared to devote some time to this. Because the more aware each instrument becomes, the more we can bring you.
Les: Thank you.
So I would say, is there any questions before I leave you for this time?
Les: I will ask in just a moment, but before I do, I would like to thank you on behalf of all of us, for your colleague who came to speak at our last meeting. It was most interesting and we are grateful to you for having brought him to us.
I am pleased that you found it to be so.

Les: We did indeed and we hope that he will be able to return one day, to speak again.
I wish you could see the many who wish to come and perhaps you would realise the difficulties therein. There are many to come my friend; many, many, many interesting peoples. But knowing him, I do not doubt that he will return to you.
Les: Good. We are glad to know that, but of course we also do accept that whoever you bring, will be of benefit to us and so whoever it is, we shall welcome them and be glad to hear them speak.
I can say to you, I will bring only those of an informative nature. I trust you will find it so, indeed I know you will.
Les: Oh I'm sure we shall, thank you very, very much again. Now, any questions for Salumet?
Always I am surprised! So many questions when I am not here and when the opportunity comes, silence. *(smiles)*
George: Well, I do have one. I'm continuing to write my book and I'm about half way now and I quite often feel I'm having some help with it and I feel there are perhaps spirits not far away. Ideas come and go and I don't think it's all me. Would you like to say something about whether there are spirits not far away during our consciousness, as opposed to in our dreams?
I believe we have touched upon this subject a few times. Let me say you are all guided by many. There is no *one* guidance around you. All of you have more than one helper. We have spoken before on many things, about your scientists, about your writers, about your musicians. All are inspired from our side of life. I said to you previously, continue with your writing and you would be helped. Of course by that I meant you would be inspired, at the correct time. I am not saying *all* your thoughts are inspirational ones, but at certain times, when your awareness is heightened, then of course we come close to you. So your assumptions are correct.
George: It's very reassuring and I'd like to say thank you.
I do urge you to continue with your task.
George: Thank you.
Les: Thank you. Any more questions? *(pause)* I have just one short one. You asked us some time ago, to give time to one of our sitters, a gentleman. I'm sure you are aware we have been doing that with very good results and we were asked that he should be sitting next to you at this meeting. This has been arranged.
Let me say to you, you may find that this evening will tell you why that was to be.
Les: Thank you very much again. God bless you, our love goes with you.
Please to lower your light for those to come.
Les: Yes certainly.
We then sat in silence for a time, before one came through who needed some assistance from Les, in realising that they no longer needed to hold on to the pain, now that they were no longer on the physical Earth plane.
One then began through Sue:
—I come to say that while instrument is being used, then instrument is experiencing some extraordinary feelings. This is to show the difference between the physical and the spiritual being. The instrument is of course human form, yes. I have to tell you that I am not of the human form, as you know it.
Les: You are not of the human form as we know it?
No, can you understand?
Les: Yes I can. Does that mean that you normally inhabit another planet?
If that is an easy explanation.
Les: And have you ever lived upon this planet?
Not this time, no—not this time, but in what you would call the future, I will walk your lands. But that is not for some time yet.
Les: I see. You will walk upon this Earth at a distant time in the future.
That is the future plan, yes. But it will depend on whether your planet improves and becomes less hostile place.
Les: Yes I understand. So am I right in saying that your are what is known on this primitive Earth, as an alien being, from another planet?

Yes, but that word brings to mind in your minds, little green creatures. I am neither little, nor am I green—*(laughter)*

Les: I do hope I have not offended you, but in our minds, no such things exist.

No, that's right. It would take longer than I can afford here to explain my appearance, but as you are aware, after the physical appearance, becomes THOUGHT only, yes you understand me? *(Yes.)* ***Therefore I can say I have no real physical attributes, you understand me?***

Les: I do understand.

My words are being given to me by another. Therefore the words I use are not easily recognised by me. You understand?

Les: Yes I do indeed and I appreciate the effort that it must be causing you, in order to communicate with us; primitive beings that we are.

That is your word, I would not be so unkind. I say not primitive, but unworldly, yes you understand me?

Les: Yes. But we do consider ourselves to be primitive, in many respects. We have so much to learn.

Yes, but it all takes time—not one lifetime, but a whole universe of lifetimes.

Now instrument needs rest from my words and personality—yes is that right, 'personality'—needs to return to herself, yes. I leave with many, many thoughts of L o v e for future and trust and hope for this planet in time. Farewell, farewell to you all.

Les: We do thank you for your visit. There is much of course we cannot understand, but we are very grateful to you for what you have explained and for your interest in our Earth. We can only hope that the future will be much less hostile for your intended visits. So that you will be able to come. We would like to see you tomorrow, that is how we feel about these things. In the meantime our love goes with you and we say God bless you all.

One more thing: This one here, tell her much to come from this one here.

Les: Much to be done with her, good. I'm very glad she's come back to us.

I leave you now.

Les: Thank you very, very much. Goodbye.

There then followed some fairly short 'rescues,' followed by a visit from one called 'Fayre' through Sue, who Les recognised from a previous meeting. She came partly to show how she had learned to speak English fluently now and partly to welcome someone back to the group, who had been absent.

~28th March 1995~

Good evening my friends.

Les: Good evening once more.

I am happy to be with you once again. My joining with the instrument this time is not easy, because she is a little physically and mentally tired. She of course, presents a face to the world that all is well, but she must recognise that sometimes she needs to rest a little more. I will work with her this evening, when we have spoken. So because of this I will bring at the end of this meeting, others to speak with you. It will not be rescues this time, but people who will be of interest to you.

Les: Good. Thank you very much indeed and I am very grateful to you for taking care of your instrument in this way.

I have said I will look after you all and I will do this. So when I need to stop I will let you continue and I will do what I can. This time I would like to speak to you on some matters that are often spoken upon in your world, but which are in fact not quite true. There are some myths about the work that your groups do. For example, we here many times your groups say, we must have one man one lady, one man one lady. You are aware of this?

Les: Yes and I've ignored it, because I didn't think it was necessary.

You are correct in your thinking. let me speak a little on this matter. The misconceptions lie, when we speak about the energies. These people think male energy, female energy, as if each are an individualised thing. Let me tell you, male and female energy is within you *all*, you understand?

Les: Yes, you have touched on this earlier.

Yes, you *all* possess these many energies within you. It is nothing to do with your gender. You see, these people are fooling themselves about these matters.
Les: Yes, unfortunately there are many who do that and still adhere to those misconceptions.
Yes. I know that you do not, but I think you should know that it is wrong, in any case.
Les: Yes, it adds weight to our arguments, if ever they do develop into arguments, about procedures at groups.
Yes, it is good that *all* of you, who will one day go in their own direction, should remember these things.
Les: Of course, it is very important, to avoid falling into the same trap of misconception.
Of course. Are there questions upon matters of his subject, that anyone would wish to discuss with me? Or shall I continue?
Les: Please continue, unless there are questions, are there?
Mark: Could I ask about what the *real* difference is between male and female energy?
You are speaking as human beings?
Mark: Yes.
There is no difference. I have just said, each person possesses male and female energy within them.
Mark: So it's in the same balance?
It should be. But in certain persons, this is not so. But that is another subject that perhaps we could go into another time.
Les: Yes, I have questions branching off onto that, but not this time.
We can devote more time to the subject.
Les: Yes, please continue then, if you will.
Of course. Let me speak on another matter, where there lies many misconceptions. Let me take the groups that feel they must hold their hands together. Of course it is the same thing, they feel that their energies are linked. In very few cases, this does help, but on the whole, it is unnecessary, because you see, we do not draw the energy from your hands.
Les: I have never wanted that to happen, because I've always been of the opinion that it could be a distraction.
Yes, it is. You see, we draw the energies from the spiritual aspect of each sitter. So whether they be holding hands or not, really does not make the difference—I say this to you. Of course I would say to those groups who do this, if they feel better for it, if it helps them in their quietness and their meditation, then do it. But do not become obsessive about it. Do not bar anyone who feels it is not right, because then you see, they start to build negative energies themselves.
Les: Yes, I can understand that.
I wish you could all be more open in your pursuit of spiritual matters.
Les: Another peculiar thing I have come across in the past, in groups, is the placing of a glass of water, under each sitter's chair, on the rather to me, peculiar assumption, that it will condense power into that water and it can then be consumed afterwards.
I have to say there are a multitude of happenings, which are so unnecessary. Look to those people who have trodden your Earth planes. You do not see them practice these things, because it is so unnecessary. Take them as your examples, if you please. Try to approach these matters, only with an open heart and an open mind. That is all I would ask of you.
Les: So basically, we are following the correct requirements in the way we approach these meetings?
I have been happy with the way you have conducted yourself, over these many years. I have said to you, when I first approached you, that I have waited a long time to come and I would not have said those words, had they not been true.
Les: Thank you. I am pleased to know that we are following the right principals.
Let me say, too many of these groups, are too urgent in their needs, too urgent in their ego, too urgent in what they desire, rather than what should be the needs of the whole. You my friend, have stood back on many occasions and for this you will be rewarded. I don't wish the word 'reward,' to seem a huge thing in your eyes, but it is the only word I can find this time. And I want to say before I go, because this time must be short, because of the explanation given to you, I want to welcome back the young gentleman to the fold, shall I say.

Paul: Thank you.
Let me say this to him: This one is a seeker of Truth. He is a seeker of what is life all about. He will find in his own time, his own answer. He is not so easily convinced, are you my friend? But let me say, there is much more travel ahead of you. Not only in your physical person, but in your consciousness. There are many, many roads for you to travel, you understand what I am telling you?
Paul: Yes—umm.
You will never find *all* of the truth, *all* of the reasons for life as you would wish to know it. But along your life's journey, you will discover much. And that, my young friend, is no mean matter. There are many within many lifetimes, who discover very little.
Paul: So I'm not going to be like a tree and put down roots, I'm going to be on the move—
I did not say that. I said you would travel far and wide. But yes, you will one day find your roots, you will be stable in your life, but you will travel many, many roads.
Paul: Right. I'll have to find what the next road is.
Your future my young friend, is *'rosy.'* I don't often say that to many people, but to you, I can say these words.
Les: That's nice for you Paul.
Paul: Yeah, Thanks. That's a nice word to use!
Now my friend, before I depart, I want you to take a little more care of yourself please. You must because there is much work still for you to do.
Les: Right. I thought I was taking reasonable care, not over-working.
Yes, but you must remember, you are not always the best judge of what is best for you.
Les: Quite. I accept your recommendation. And I shall do something about it.
Do what I have told you all previously. Listen to your bodies, listen to that quiet voice within you and you will not go far wrong.
Les: Thank you. I shall take head of your comments. Thank you for them.
Now I will leave you this time, to continue. My love goes with you all, until we meet again next time.
Les: Thank you very much indeed. And our love goes with you. God Bless you.
There then followed one known as Moon Feather, through Sue; one of several native American Indian speakers/friends, who had been before:
Come to say 'Moon Feather' come to look after brother.
Les: Thank you very much Moon Feather, I appreciate it. It's a long time since you visited us.
Will take care of my friend.
Les: Thank you. Yes, I do try to take care of myself, but I'm always grateful for any extra help.
Cannot stay here now. Too difficult for Moon Feather. But brother know Moon Feather here to help him.
Les: Yes, I shall keep that in mind, thank you. And I'm sure I shall feel you nearer me. And I very much appreciate you coming to give me strength.
Then another followed through Sue:
Was that a happy reunion for you?
Les: It was a very happy reunion. It's a long time since I spoke with him and I'm very happy to know he's still with me.
These links always have a purpose. Now this time, we will not prolong speech. Our teacher is requiring energy for his instrument. I was to speak on subject, but have been advised that we will concentrate power as a healing time. I ask all friends here, to give love into the room, do you understand?
Les: Yes I do indeed and I'm sure we will.
Thank you. you will know when the evening will come to a close.
Les: Thank you. We shall sit quietly, while the healing goes on.
Please to lower the light.
Les: Yes, I will.
If we could all concentrate on Salumet's name please, it will assist him to help Eileen.

~3rd April 1995~

My friends, I am happy to see so many of you gathered here once again.
Les: Yes unfortunately there are absentees which couldn't be helped.
I would ask you please, to lower light a little.
Les: Certainly.
Thank you. It is comfortable for you all this way? Because we lack some energies this time, it is more beneficial for communication.
Les: I follow thank you. Yes, any alteration you require at any time, please say. Of course our concern is that you should and all those from your world, be comfortable when you come here.
We are indeed grateful for all that you do to make us so welcome in your world.
Les: We can't know what an effort it must be, but we do appreciate your taking to trouble to visit us. So the least we can do is make conditions as favourable for you as possible.
Yes thank you. Before we continue this time, I want to tell you that next time, I will bring you another visitor.
Les: Good. Thank you, we look forward to that, because we know it will be very interesting again.
I hope it will be informative for you.
Les: I'm sure it will be, because everything has been so far.
I wish to say to you this time, that a few of you in the time since we last met, are a little depleted in their energies. I am sure some have felt this in their physical being.
Les: Has somebody felt depleted?
George: Yes I think I've probably been lacking in energy this last week.
Sara: I've had a throat problem, but that was two weeks ago really, I didn't come last week.
Mark: Yes I've been very tired, but I think that's been from work really.
Les: Yes you are quite right of course Salumet, you've heard the answers.
Yes I am grateful to them for the acknowledgement, but of course, whether they wish to say or not, *I* am aware. Let me say to you, at times in your physical lives, these happenings occur. It is not so much that it is a physical tiredness, but more of a spiritual tiredness.
Les: Is that so? And that is reflecting itself on the physical awareness, is it?
I have told you that the spiritual aspect of yourselves, will reflect onto your physical beings. So I will reiterate to you, that those who are feeling depleted, *must* devote more of their time, to that quietness please. They will then feel that upliftment, that is necessary for good health and growth.
Les: Thank you again for the advice.
Now I would like to speak on something common to you all. I speak upon judgement of others. You have many feelings, many thoughts on this matter. All of you are individuals in your thoughts. Let me speak to you on a wider scale. *'Judge not lest ye be judged.'* Those are words, I believe you are familiar with.
Les: Yes we are.
Why do you think that you judge others? Can you answer me?
Les: I think possibly it is because of the domination of our physical reactions, rather than us looking into our spiritual reactions to any given circumstance.
Yes my friend, you are right. You judge mainly on your emotional feelings. The emotions are so strong within you humans, that sometimes it clouds your true spiritual judgement.
Les: Yes I would agree and I expect everybody would agree with that, because I'm sure it has happened with me in the past and I'm sure it has happened with everybody else, that having formed a judgement against somebody, for whatever reason, we almost invariably wish we had not done so and regret having done so. I think most people would agree with that, would you not? *(general agreement)*
There is no need to feel shame that you feel these things, but all I would say to you is, next time you wish to judge another, place yourself within their shoes. See if your judgement would be the same. What you must do is look *deeper*, look deeper into each soul—look behind the veneer.
Les: I think it would be as well if we reintroduce the old saying which we all know: 'Count ten before you act.'
I think that would be very wise indeed. Look to your small children. Look to the forgiveness in those young hearts, watch them in play. They do not judge each other, they are much more accepting.
Les: That's true.

So I say to you all my friends, look first to your own failings, because in judging another, shows that within you, there lies that same failing. Can you understand that?
Les: Yes I think we all do. Does anybody have any query on that, or do you understand all that Salumet has said?
Paul: It's like the saying, *'The finger that points has three pointing back.'*
George: Yes and observing the error in others, may help us to observe the same error in ourselves.
Those are wise words, yes I do not expect any of you to become like saints, as you would say. That would not be possible, whilst you inhabit these bodies. But to have the realisation, that is what is important, you understand?
Les: Yes. I think too that many people do not recognise the importance of the various phrases in the lord's prayer, with which we finish each meeting. That is: *'Forgive us our trespasses as we forgive those who trespass against us.'* Many people I am sure, say the prayer in a rhetorical way without thinking of the importance of the phrase, *'As we forgive those who trespass against us.'* If we don't offer forgiveness, how can we expect forgiveness?
Of course. and what is forgiveness, if it is not love offered to your fellow man. It is simply put. I beg you all to think upon these words this time. And next time a situation arises, when you are aroused to judge others, step back, take a good look at yourself and then make your judgements.
Les: Yes, I'm sure we shall all do that, having heard what you have said on this occasion. Unfortunately we do succumb to the human emotions far too often. That is why I and I expect all my colleagues here, are grateful for the teaching we are receiving.
***None* of you are infallible, that is not expected. What I have come to try to make you aware of, is your own higher self, to look to that aspect of yourselves. Because in doing so, you become better people. I want you to express the *'innate love,'* that all of you possess, it is as simple as that.**
Les: Can we acknowledge Salumet's talking to us, by all agreeing to that, everybody?
(general agreement.)
Paul: Yes, that's the way I want to go.
You will my son, don't be concerned upon that matter. You, as I have said previously, have far to go. There is a kindness about you, that few possess.
Paul: Thank you. Sometimes I don't know what to do though, or where to go. It's difficult to make decisions.
I cannot make them for you, you must choose your own path. But we have said before, take those quiet times and you will be guided.
Paul: Yes, thank you.
Les: That does mean quiet Paul, away from all other *distractions.*
Paul: Yes.
Too much noise in your world today. Too many people rushing through their lives, without ever becoming aware of that *'inner voice'.* It saddens me so, that such a thing should be. But it has to be accepted and that is why we are gathering at this time, so that these conditions can be changed.
Les: Yes. I have found Paul, continuing that, that I have personally—I relax completely lying on my back in bed and arms straight down—I find I completely relax and that is the time, when I do feel upliftment, there is no question about it. Because there is no extraneous noise, no phone call, no likelihood of anybody coming, so the mind is clear of expectation of interruption. And that is an important thing to remember. Often the mind, the brain, is anticipating interruption, you follow me? *(Yes.)* Will the phone ring, will so and so call, will this that and the other happen; well late at night it's unlikely that any of it is going to occur. So the mind is clear of expectation.
Paul: Right yeah.
Les: As I say, I find that work's for me, you may find it too for you.
Paul: Up until now I've found that last thing at night, or first thing in the morning is the best time. Definitely I'll have to find more time for it, I keep putting it off.
Les: I know the feeling.

Always you will find other things, but you must become a little more disciplined, I think. Of course the ultimate would be that contact could be made amidst the hustle and bustle of everyday life. But unfortunately very few people are capable of such a thing.

Les: It is unfortunate, isn't it.

If you were *skilled* shall I say, in all matters spiritual, your physical ears would be closed to all that was around you. But we know that is difficult for most people. But it can be attained, if the desire is strong enough. That is why so often, you *have* to come to our side of life in your sleep state *(pause)* **to grow, because you do not have the ability whilst clothed in the body, you see?**

Les: Yes I do.

Now I think we have spoken enough on that subject this time.

Les: Well thank you very, very much for all you have said, it's more enlightenment for us all I'm sure, it is for me. *(general agreement)*

I want to SEE you all, as the *'shining beacons',* that I know you are. So with encouragement, I hope you will see yourselves also, in that way.

Les: What you say certainly does give us all encouragement and quite frankly, I think I speak for everybody on this, we would not know where to look, other than through your teaching. It is a great help to us all.

I am most humbled by your response. It makes my task all the more easy to bare.

Les: We would certainly miss you, if you didn't visit us now.

I will not be so easily rid of.

(laughter)

Les: Good! We are really happy to know that.

I have waited a long time and I have no intention just yet, of severing this connection.

Les: Good. We all feel very privileged, that though we don't know the reason for which we are all gathered here—that is something we can never understand—we are nevertheless privileged that we *do* have the ability to meet here, as we do each week and to have you join us.

There are more to join us here, a little way into future. They will make themselves known, but not yet.

Les: Well we shall look forward to it Salumet, as we look forward to every meeting now.

I don't like to speak too much of what has been, but I will tell you, this is not the first time that a*ll* within this group have met together.

Les: Is that so?

There has been a meeting of hearts *and* minds before.

Les: In a previous existence?

Yes in past times, but this time, there has been a culmination of love, which has bought you all together and which has helped to bring me forth to you.

Les: That makes us very, very happy to know. And again, thank you for telling us.

Now, let me speak to you my friend, this time.

Les: To me?

Don't be surprised, yes to you. What has been this sadness within you?

Les: I really don't know.

Let me say to you: There is much still for you to achieve. You are not aware of these feelings in your waking state.

Les: No I must admit I'm not, it did rather surprise me.

Don't be surprised, because I will tell you, I have said to you before that you come to us to work.

Les: Yes you have.

Which you have done till now with a loving heart. But you have been feeling that the time has come for you to move on. I speak now, of your higher being. It has not filtered through to you physically and we cannot allow it to be so. Sometimes my friend, we cannot always have what we DESIRE. And you see, even in that higher state, there can be pain, there can be a grieving if you like, for things that cannot *be*, you understand?

Les: I do understand yes.

I have to say to you my friend, the work—and very good work it is indeed, must continue.

Les: I would accept that. I certainly would think of contradicting or arguing against it. If that is what's required, then yes I'm happy to continue.

If this feeling of dissatisfaction comes to you in your physical state, I say to you, brush it to one side, where it belongs. You cannot allow it to take hold.

Les: No, I promise I shan't. There have been disappointments I agree.

The disappointments of your Earthly life matter little, compared to what you are feeling now, within your spirit being. But I am there to support and encourage you; to tell you that the time will come, when you can take the step forward that you so much desire. You my friend, are wishing to follow one, who is already there, you understand?

Les: Yes I do.

But it cannot be, it cannot be just yet. Now let us speak on other matters. Does anyone wish to speak to me?

Les: Yes I would like to ask a question which follows some information given us at our other meeting last week. A question was asked of a communicator from your world, about what are known here as 'black holes,' in the universe. The information given us by our scientists, is that black holes contain a tremendous crushing pressure of gravity and that it would be impossible for anybody to survive within one. The answer we got was that they were merely *'gateways'* from one universe to another and those with the knowledge, are able to go through them as and when necessary. Would that be a correct answer?

Let me speak to you on this matter. I would say to you that no one could survive within the pressure, your scientists are correct in that respect. But perhaps there has been a misunderstanding on the statements made. Of course, there would be a taking, a leaving of a physical body, on anything or anyone who should enter these black holes, as you call them. I prefer to say, it is an abundance of energy, in a particular spot. It is not a gateway to other planets or universes. I have said before, you do not travel between, there is a Cosmic energy which is within the whole of the cosmos. So you see, you are speaking of these energy fields as though it were a physical tunnel. That *cannot be, it cannot be*. I think what was meant by the words spoken, was that of course, the physical being would be left behind and the spirit would travel to it's rightful home. You understand?

Les: Yes I do, that does clarify it somewhat for me.

You are tending to see it as a physical thing. You must go away from these thoughts, you must leave them behind. There are many energies, many mysteries upon your Earth, but remember, it is one spark in the great universe of life.

Les: True. So the scientists are right about there being excessive, undreamed of forces of gravity within those energy fields?

It is just so. They have it *almost* correct, but not quite, not quite. I believe I have heard said, that you can be encapsulated within these black holes. *Not so, not so*. We speak here again on many deep matters—matters I think you would find difficult to understand.

Les: I can imagine that.

But I don't say your communication was not correct. I think the interpretation was not quite correct.

Les: Thank you that does clarify it. I like to check these things, as you know, because it is important that we have the right information and not disseminate wrong theories or facts. So the excessive forces of energy, in what we call black holes, would be no bar to spiritual travelling, in any case?

Not at all, not at all. Let me just speak for a moment on communication. I told you when first I came, to accept only what you felt was right. When we speak of communicators, of course there are many, and many who use many channels. They can only impart to you the knowledge which they have gained themselves. Too oft times I hear, 'Why does one contradict another?' You must move away from that thought. They are only *giving* what they *know*.

Les: They are honest within their own limitations?

***Yes, yes.* So never feel that the communicator is not quite truthful, that is wrong.**

Les: No I have never thought that myself. But sometimes, like in the example we have just spoken of, it is as well to have confirmation.

Yes, there is nothing wrong in questioning what comes to you. I would say to you, always question, if you so desire.

Les: Well we have always through to years, tried to run our groups on that basis, of questioning if in doubt and honesty in all things, when possible.
It is necessary that when you are making contact, that there must be the highest integrity. I could not stay here otherwise.
Les: I was about to say, I doubt if you would be here, if we hadn't followed those paths.
But perhaps it explains to you, why sometimes there would seem to be apparent contradictions, from other sources, when in fact they are not contradictions at all. There is much knowledge to be learned, to be gained by all communication.
Les: Thank you very, very much for that. I'm sure everybody has been most interested in hearing it. Are there any other questions for Salumet at this meeting?
George: Can I just add one more thing to the black hole question? The other thing that our scientists tell us, is that light does not escape from a black hole. This has always suggested to me that space itself is drawn into a black hole, at the speed of light and this would sort of explain that.
When you speak of light, you are speaking of a different energy, than that which is contained within what you term your black holes. It is a different energy completely. We have spoken a little previously about the speed of light and what happens, have we not?
George: Yes.
Yes. All of space surrounding your Earth, you could probably term a black hole, on the immediate rim of your Earth. But it is not, for the simple reason that within those energies, there lies the energy of light, which makes a difference, can you see? Can you understand?
George: I see yes.
It changes the whole form of the energies. We have to speak sometime I think, on this matter of differing energy. It is a very complicated subject for you to understand, but I will attempt to do it for you.
George/Les: Thank you very much.
That is why I have said to you in the past, that your space travellers have much knowledge, that has been kept under *wraps.* Their knowledge is much more extended, fuller, than has been permitted to the ordinary people.
Les: It's annoying to think that it has been kept under wraps.
I will come back one time, to speak on energies I think.
Les: Thank you, because at the moment our minds stop positively, at the speed of light. We cannot imagine anything beyond that.
Yes. That is why it is difficult to explain. What you cannot comprehend, is that there is so much more that is not available to you, but of course is there—it is there. And although your scientists work hard, to try to explain many of these things, their knowledge is *too limited*, too limited.
Les: Yes, because they have limitations also, don't they? So they cannot explain beyond.
Their perspective is limited. They can only look so far. I wish I could take you *all* with me, on a *'Cosmic TRAVEL'!*
(reactions of awe + delight)
Les: You wouldn't have to ask us twice, I can tell you that! *(laughter)*
Perhaps one day yes, but now I fear that is not so.
Les: It's a wonderful thought.
Perhaps it could be an exercise for you all: Try to picture the universe, the cosmos. And I'm sure if I asked you individually, each one would have a different perspective of it. But nevertheless, you are children of that very cosmos. You are children of light and love.
Les: Yes we must all try and recognise it more. I think that's one of our difficulties.
I think this time, it is becoming a little difficult to stay. So I say to you all my friends: Love be with you all, in all that you do.
Les: Thank you. Our love be with you too.
I will not speak to you next time, but I will be with your visitor, with help and encouragement.
Les: Thank you very much for that. We hope the week goes quickly. We already look forward to it.
My friend, you cannot wish your life away so easily.

Les: No, we mustn't do things like that I know. Each week has many things to be done within it. God bless you and thank you from us all.
Until we meet again, I will say goodbye.
All: Goodbye.
(A cheerful one then came through Eileen, for just a short while to lighten the atmosphere before closing the meeting.)

~10th April 1995~

Salumet mentioned last week, that he would not be speaking this time, but arranged for a guest to speak:

Good evening. I am instructed to tell you, adjustments are being made. So can you for a little time speak quietly and then we will make ourselves known to you. We hope it will not be too long to wait.
Les: That doesn't matter, we are quite happy to wait for you. We are sorry that we are not the usual number of people here tonight. Unfortunate circumstances have prevented them coming.
These things happen, but we need to make adjustments necessary for this happening.
Les: Thank you. I thought perhaps that this was why you need the time. So we will wait until you call us.
It will be made known to you when we are ready.
Les: Thank you very much.
There was quiet conversation for about 10 minutes, before our guest arrived. Unfortunately, conditions were not comfortable for her and it was decided that she would withdraw and return another time. She gave a few instructions about seating preferences to help her feel more comfortable next time.
There then followed a cheerful soul with a sweet voice, through Eileen, who described herself as 'filling in,' while another speaker was being prepared. Another then followed also through Eileen, who talked about the trees and his work with them in spirit realm:
Les:—How do you tend the trees?
I love them, first and foremost, can you imagine what that is?
Les: I can and I can imagine them responding to it and flourishing because of it.
Yes, it's a living thing you see and sometimes I bring the water to the trees, even though it's not needed like the trees here, they don't need water to sustain them, but like the people, sometimes we dip ourselves in the water of life and so the trees respond as well. You should see them once they've had the water, it's a joy to behold.
Les: How do they react to the water?
Oh, it's like a light bulb lighting up. The trees are much brighter anyway, but when they are touched by this, 'Water of life,' as I call it, it's just the difference from a dark light bulb to a bright one. It's beautiful.
Les: And the water is actually absorbed into the soil around them, is it?
Well it kind of just disappears, that's the only way I can describe it to you. I'm not a technical chap, I can't explain it to you, I can only tell you how it appears. What you have to understand son, is the water and the tree become one. They are not separate things. It's not an easy thing to explain.
Les: So you pour the water onto the earth around it, do you?
No, no, it's not like treating trees in your land, it's different. The tree just seems to absorb what I bring to it.
Les: Yes, it absorbs it through the air.
Yes, it's not 'air,' as you know, but that's as near as you'll get I think.
Les: And the tree is aware of you bringing that energy to it?
Of course yes, it knows, yes.
Les: And do you ever find that the tree is in need of that energy? Is that why you bring the water?
I have to say I've never come across one that NEEDS it; this is something a little special for the tree, just sometimes I bring this 'water of life,' to it. It's not because it needs it, because you see, they don't DIE. This is something that is done in love.
Les: Yes and it's an expression of your love for the tree.
Yes, it's like me giving you a gift I suppose. It's the only comparison I can make I think.

Les: Yes, that's quite clear. And this 'water of life,' is that flowing in special places, or is there a lot of water around?

There are many places, but the 'water of life'. I use, is in what you would call a special place, with a special waterfall, which is continually flowing.

Les: I see. So you do have different types of water there then? That would be a special energy I imagine, the 'water of life?'

Yes

Les: And others?

It is basically all the same energy I think, but we have pools, seas, rivers, which people enter.

Les: And they are dry when they come out?

Yes, it's all different from what you know, no need to dry, no, it's not that kind of sea or river.

Les: By immersing themselves, they can absorb the energy, just as the tree absorbs it?

Yes, yes, same thing. It's beautiful.

Les: And I was told once, that there are special gardens, where the water is in a conical shape, because it takes up less space than if it were flat, in these particular gardens and with the point of the cone downwards, the water revolving around, in many colours and playing many different tunes.

Yes, this is something else you see. When you think of water, you think of this grey dull water—water, it's the only name I can give it, I think son, because there is no comparison here; it is full of colour, full of noise—beautiful music, beautiful colours. Yes you are right, there are many different shapes. There are gardens where it is in the form of a whirlpool, there are conical shapes you have mentioned, there are the waterfalls you can stand under. There are many shapes, many shapes; it is something to behold I tell you.

Les: And I believe there are people in the higher realms, whose duty it is to take care of such things? To take care of the water, as you take care of the trees?

I couldn't tell you that son, I don't know about that, I just know it's there.

Les: Do you ever have anybody overseeing your work, or are you left to do it alone?

There are people around me, but I work on my own.

Les: You don't have people coming to see that you are doing it properly?

I know what you mean. I was guided to this work at the beginning, so if you want to say that I have an overseer, well yes I suppose I have had that happen, but if you mean does someone come and say, 'Don't do that, do this,' then no.

Les: No, so it's all based on love for your job?

That is why I was entitled to do it.

Les: What a change from this Earth, isn't it?

Yes, anyway sir, I think you've made me rather serious. I think before we leave you, there is one more to communicate and I think this other person is going to speak, as far as I know. But now I'm being told, my time is up too.

Les: Thank you very much and we do appreciate what you have told us. And we have thoroughly enjoyed having your visit.

Well, thank you son and I appreciate it too and I hope I didn't offend anybody.

Les: Good heavens no, you should feel our love coming to you, I hope you do.

Yes, I hope you all know, you're well looked after. And now I really must go.

Les: Well thank you for guarding the trees and God bless you.

Finally one came through Sue, with a brief message before closing the meeting:

Two words which will mean much to you:

First word 'LOVE', second word 'SALUMET'.

Now, please close with prayer.

~17th April 1995~

Good evening.

Les: We do appreciate you coming, when there are only such a small number here.

Thank you for your welcome once again. I have to tell you numbers make no difference to my coming, but it does alter things for the visitors who I wish to bring to you. Therefore for those reasons, we will leave the coming of the visitor, we will wait till there are more within the room.

Les: Thank you, there should be at our next meeting. This happens to be a holiday in our world and of course they have to take advantage of it, for the sake of their children and relatives, to get together.

Do not be concerned, we are aware of these happenings. But you know that we are affected sometimes, by the lack of '*people power*,' I will call it.

Les: Yes, I quite understand.

Yes, you see I have developed communication skills if you like, which makes it far easier for me.

Les: Yes, it is certainly far easier now, than when we you began, isn't it.

Yes, of course. So I apologise to you here, but I do promise you your visitor will return as soon as it is possible. I will tell you in advance as usual. I am so sorry you have been put to unnecessary trouble.

Les: It's no trouble at all Salumet, absolutely not.

I know it takes your time and for that gesture I thank you.

Les: We love having you anyway.

Paul: You couldn't keep us away.

Les: And we appreciate you coming—you heard that comment?

I do and I am humbled. Thank you *all*. The pleasure is mine, I believe you say.

Les: That's right, but it is ours too. It is the highlight of our week, this meeting. *(enthusiastic agreement)*

I have been listening to you. There is one who wonders where his pathway lies, this time. Let me say to the young gentleman, the knowledge will come. He is still young in earthly years. He has much to learn and perhaps a little patience also. The knowledge will come to you. Try not to dwell *too much* on what your spiritual pathway must be.

Paul: Just get on with what's in front of me now?

Yes, that is what I say to you. Give thanks all of you, for your very being. The very fact of your being here, is enough to give thanks to that Great Divine Being of Love. You should offer yourself for that which has been placed in front of you. In that way you will develop what is necessary for your life, whilst on this Earth.

Les: Quite, I think we could all say positively that we do, do that now willingly. Starting with myself, I say so quite emphatically and if each would like to answer individually, they are at liberty to do so now.

Paul: Well I always try and begin a meditation with offering myself.

Yes good, but I have received your thoughts of, 'where is my pathway leading me?' Yes, I have been aware of your thoughts. So be still, listen and go forward.

Paul: I wonder whether to—well, it's silly really—when the right thing comes I will know I'm sure.

Yes, you are a little harsh on yourself. I have to tell you all, all of you are a little hard on yourselves at times.

Paul: We like to know everything at once, I think.

Yes, this is why I say, you need to learn a little patience. It is a much-used word in your world, but it is a word that means so much, if only you can truly understand it's true meaning.

Les: Yes, I would agree with you there, it does take time. It took me a long time to learn the full meaning of patience.

May I say my good friend, you are still in the learning process.

Les: I'm sure I am, yes.

It is not something that is successful shall we say, in one lifetime.

Les: No, because as one learns more, one wants to learn still more and even so, the need for patience becomes predominate again.

Yes, it is a shadow which continually follows you. It is that part of yourself, which is always hovering behind, you see? But provided it is kept where it belongs, then you can move forward with greater understanding for all things.

Les: Yes I absolutely agree.

Before we continue, I would say to you my friend, have you not been aware of someone's presence around you?

Les: I have yes.
Sara: I have I think. At times I've looked and wondered if there is someone in my room.
Yes, I will come to you in a moment. I wish to speak here firstly. (Les)
You have felt the presence of someone around?
Les: Yes I have indeed.
I speak of recent times. You are a little hesitant I would suggest, in accepting fully what they are trying to communicate to you.
Les: Yes I must say I haven't actually been aware of any actual communication, I've just been aware of a presence.
Can I say to you then, when the presence is felt, if at all possible, and I am aware that it is not always suitable, will you please enter this room and allow that presence to communicate with you?
Les: Yes certainly, I shall be pleased to.
If need be, I would suggest that you turn on your machine, your speaking machine, yes?
Les: Yes I understand.
And sit quietly, so the communication can take place.
Les: Yes, and will that communication come out on the machine?
It should do. We will work upon it for you.
Les: Thank you very much, I shall certainly do that.
It will be *good* evidence for you.
Les: It will be for all of us. Yes I promise to do that. I felt it twice and it was so strong that I spoke to my lady Ruth, thinking it was she who was with me.
No, I can say no—no it is not she, but I understand why you would feel it to be so.
Les: Yes, it was so strong.
This will be communication concerning the work you are doing here. If it is not suitable, of course we understand and adjustments will be made.
Les: Thank you, but I will leave the machine ready at all times.
I thank you. it is good to be amongst those who are willing and loving, in support of the work and communication we are trying to achieve.
Les: Good, I look forward to doing that.
God bless you, in all you do.
Les: Thank you.
Now let me come to this little lady. This gentle soul, let me speak to you. You also have been aware, yes?
Sara: Yes. A few times I have looked to my right and to my left, thinking there is someone in the room.
Yes you are right, your sensitivity is increasing. You are a *very* sensitive, feeling young lady, let me say that to you. Do not look for whoever is with you—just be still, send out your thoughts of love and greetings and you will find it becomes so much stronger. But do not turn, do not suddenly try to find—send out your loving thoughts, in love and welcome and you will become aware, I don't say soon, because these things take time.
Sara: Thank you.
There is one with you, who is indeed a beautiful soul. She will make herself known to you, do not doubt it, but we come back to that word again called PATIENCE. There is so much happening, so much going on, that at times, you must be wondering where is it all leading to. These thoughts I am aware of. I have said to you all, there is much to be done, much to come, much for you to be aware of. Which one of you has thought that the sound of the birds singing and yet there are no birds? Yes, the gentleman across from me, Mark.
Mark: In the night I did, when it was dark.
You see, I know what all of you are experiencing.
Les: You have heard them have you Mark?
Mark: I have yes very fleetingly, that it was dark, but the birds were singing and I was surprised.
Do not be surprised, any of you. I said I would be close to you all. Remember this, that all of these happenings—and I am aware that it does create doubts within your minds—remember it is my way of showing you all, of how close I am to you. I hope you will accept it in the way it is given, in loving help.

Les: I'm sure we all do thank you.
Sara: Yes thank you, we are very grateful.
Paul: I wish we could do something for you.
(gentle laughter)
Well my dear friend, perhaps I will remember your words. You DO give me so much, if only you knew, if only you could see how much is being given to me, by the very fact of my being here with you all and the love and support that I feel from each and every one of you. It makes my task so much easier. For this I am indebted to you all. Without your love, this task for me would not be possible. So you see, although you are happy for me to be here amongst you, let me tell you that it is *you* who give so much to me. For that I am eternally grateful.
I think this time, if you would like to ask some questions, I will be happy to answer you.
Les: Yes I have one I wish to ask please. You may be well aware that at our other meetings during the week, we have been asked if we would allow the particular medium or instrument to be used, in the way you are used, for further information from those higher beings and those from other planets. I have said yes, because we would be delighted to assist the work in that way. We were also asked not to refer to such beings as 'aliens,' because they objected to the term. I can understand this and I fully appreciate their feelings. We at the moment, suggest that we should call them our, 'alternative friends,' so as to distinguish them from such as your good self. I would like to know if they would prefer to be known in any other way, or by any other name?
I see. This would indeed be correct to address them by their name. After all, you would not call a stranger from another country an alien. So to some I would say, it is offensive, but to the majority of our *'Cosmic friends,'* I would prefer to call them, because after all, it is such a vast expanse. Your universe is one of many. To the majority it offers no offence, because they understand that your earthly understanding is much below their own. It is rather like seeing a small child and the wrong words that they use. You have compassion and understanding, do you not?
Les: We do and I'm grateful for our Cosmic friends for feeling that.
Yes, but I must say to some, it does cause offence.
Les: And we apologise for that now please. We do not wish in any way to cause offence and in future they will be known to us, as our Cosmic friends.
I would suggest may I?
Les: Please.
I would suggest that at the beginning of any communication you may have with our friends, that you indeed ask them what they would be prepared to accept, in the way of names. Because I have said that to the majority, it matters not. So it would be up to you, to discover which peoples are finding it offensive.
Les: It is a very good idea Salumet and I will do that at the next opportunity.
Let me say a little bit about these friends. Most are loving beings, who far outweigh in intelligence and in love and self-awareness. I have said before that you here on this Earth, are rather dense in matter and knowledge. So you see, they show you only understanding. They do not wish to come to you, full of misunderstanding and aggravation. They want to show themselves as the beings of love and light that they are.
Les: That is why we want only to offer then courtesy for their attention here.
What you must always remember, each and every one of you, we all developed from that divine spark. We may differ in our outer garments, but inwardly we *all* are the same. This is what you must remember, all of you. Why do you have so many prejudices within your world? It is FEAR—it is fear which causes these things, I have spoken to you before on that subject.
Les: Yes you have.
It is why you have such things as your racism, because peoples look different to you, which creates the fear within. It is a lack of love and knowledge and understanding, that the spirit that all of you are, comes from the one source. Remember your Earth, is just one tiny planet within the universe, within the Galaxies and within the whole of the cosmos. So accept those who come to you in love. Allow them to

give you the communication they wish to offer. Accept it and accept their friendship. So I say to you my friend, speak with them, get to know how they feel and then decide upon your name.
Les: Thank you. Yes I appreciate your advice and I will do that. One of them at our last Wednesday meeting, when he said he worked on various planets, I say 'he,' I don't know the term, I asked how many and he said 32. When I said how did he appear to them and that did he take on the semblance of those he was visiting, he smiled and said he was amused at our constant desire to put everything in human terms. He said you will not understand this, but I am energy, I have no body.
Let me say, you move away from gender, when you reach a particular state, you become one mass of energy. We have spoken slightly on the male and female energy, within the one unit, yes?
Les: We have indeed.
When you reach the state, the form of being without gender, it becomes easy to *form* yourself within either gender, when it becomes necessary. These are matters which you may find a little odd or strange, but my friend, this happens. So probably what I will say, 'him,' because that is the term you have used—when 'he' visits other planets, you say he takes the form that they possess, yes?
Les: I follow.
This is possible, but *only* when that state has been reached.
Les: So 'he' must have reached the stage of extremely high development then?
You speak of development as you know it. Let me say to you, this is a difficult subject, for you human beings to understand, because in the state of the cosmos, you my friends, are very low down on the scale. So you see, there are beings who always have been formless, if you like, who have not possessed these human forms. It means not necessarily that they have risen greatly, but shall we say their starting point is different.
Les: I see, their starting point is different and much higher spiritually than ours?
Yes, yes you understand.
Les: Well I feel even more privileged that he should have returned to us.
Yes, when first I came to you, I said many, *many* were gathering. This means not only within your Earth, but in many planets. Do not think that yours is the only planet which is in need of help, because I can tell you, that is not so.
Les: Presumably many of these planets have not been visible to our astronomers and will not be, because of their distance.
They will never be known, because even with extended knowledge, even when you leave these physical overcoats behind, you will not be aware of much that is there.
Les: No, I can accept that too, because it's merely another small step in our learning.
Yes, it is too vast to explain to you, for your understanding, For your general understanding, it is too great.
Les: Yes, our scientists use the term nowadays of an expanding universe, but it is quite obvious from what you say, that even they have no conception at all, of the extent of the universe.
The expanding universe, it is an expression which brings a smile to my so called 'face.' It is energy expanding. Yes, they see so much, but know so little.
Les: Yes, I was hearing on our radio news this morning, that scientists have now discovered, in space or the ether, the amino acids which create life. And they are getting all excited about it.
Are they indeed. *(laughter)* **I say no more.** (more laughter)
Les: I think that is the most stunning expression you could have used.
George: They seem to be ignoring the most vital part of life.
Les: Quite, again, the amino acids are the physical life and they are missing the spiritual interpretation
George: They have found a thread of an overcoat.
I think this gentleman has said, they have touched upon a thread. How many treads are within a tapestry? The tapestry of life is deeply woven.
Les: Yes I have used that simile quite often, saying that we have are merely making one thread of it, or part of one thread, in the work we do here.
Can I say to you, your Earth would be one thread within one piece of twine.
Les: Is that so. Really insignificant aren't we? But we are not in the overall plan.

Please I don't like the term, you are *ALL* insignificant. We are *ALL* part of the divine plan and each particle belongs together. *ALL* of you are necessary.
Les: I remember us being told long age, I quote part of it: 'Individuality is important, only when it ceases to be important to the individual, which is a paradox, but very true.
It is not important when you reach that stage of knowledge. You leave behind much when you reach that state of awareness, of *awareness* of who and what you belong to.
Les: Yes, so therefore the individuality would cease to have any importance—
The individuality is important, whilst you wear these overcoat, but once you free yourself from it, then you have the wider scope of knowledge before you, where much can be achieved and much can be learned.
Voice fades to a whisper, spoken with great feeling:
I feel all as beacons of light, within very, very dark clouds. All of you are units of Love, which attract to you all the negativity of earthly life, which can be broken up to create even greater light.
Les: Thank you for that.
Mark: Do you have any advice on breaking up the negativity when it comes?
I say to you, use your expressions of love, that is all that is necessary.
Les: Thank you.
I leave you all this time, with love which will sustain you, until we meet again.
Les: And our love goes with you and ask God's blessing on you and thank you again for all you have told us tonight.
Paul: Another beautiful evening.
Until next time, may you go in *peace.*
Les: Thank you Salumet.
There then followed a delightful happy lady called Hester, who filled the room with wonderful laughter, helping to lighten things before we closed. Les had at first thought this one might be a 'rescue.' Here is the link if you want to listen. (6 minutes long)
http://www.salumetandfriends.org/resources/hester+17_4_95+lightening_not+a+rescue.mp3)

~1st May 1995~

(This evening Leslie's daughter Madeleine was visiting from Canada)
Good evening.
Les: Good evening again.
I thank you for your welcome.
Les: We missed you when the lady was away last time.
You know that no matter whether she be present or not, I always am around you.
Les: Yes we knew that last time actually and as I have said before, we are very grateful for the knowledge. I have no doubt you are aware of what happened at the last meeting.
All happenings are for a purpose, (of) **this you are aware. There is much to be done and we will endeavour to use what energies are available to us.**
Les: Yes we understand. It's unfortunate that the instrument that last week was being prepared, is herself ill this time and so can't be here, to her great disappointment.
We will do what we can for her. I have to say her energies are much depleted, but we hope to rectify this in time to come.
Les: That's very kind of you, thank you.
The very fact of her returning shows you that always we are at work.
Les: Quite, I never doubt that for a minute, it never ceases your work, I know. we've had too many examples of that over the years ever to doubt it.
I want to say to you this time, there is disharmony around and I ask all of you to focus your thoughts on those energies. Do you know of what I speak?

(Yes—) **I ask that all of you now, just for a few seconds of your time, to focus your love energies, can you do this please?**
Les: Yes we certainly will.
You see my friends, how these energies which we have spoken on before, travel so much further than those within this room. *(Yes.)* **So now I say to you, please to send those loving thoughts.** *(pause for about 20 seconds)*
I hope you feel the love surrounding you all.
Les: I'm sure we do.
Some find it difficult to focus.
Les: Yes, because of our awful human minds—brains I should say.
I want to say to you this time, if there are any amongst you who need my council privately, I will do my best to help.
Les: Thank you. So they may call upon you?
Yes.
Les: Thank you.
There is someone who awaits a letter, is there not?
Sara: Yes.
Yes, you have been anxiously waiting. *(Yes.)* **Yes, let me tell you it is coming and what you are wishing for will happen.**
Sara: Oh Thank you.
So many anxieties. I wish I could still your minds. But you need to learn for yourselves. I only wish I could comfort you all in times of need, in times of distress. But let me say to you, these are times of learning; they are the times to make you strong, to bring you closer to that true reality of self. So often I hear you say, 'Why me, why me!' I say to you my friends, do not place yourself upon a pedestal, because all of you are as important as each other. There is no one individual who walks upon your Earth, who is of more importance than another.
Les: No it is sometimes difficult for some of us to understand that. In my many years I have come to accept it, without any question.
Yes, it is a matter of time. It is a learning process. Now I feel, do you need to speak with me?
Les: Yes please. We have a new lady here tonight, from a far country Canada, who is very keen to do the work to whatever she can, that we are doing. I'm going to trespass on your kindness to ask if you can tell her, as you have told I believe all of us at various times here, whether that is going to be a probability for her.
Let her come closer to us. Yes—you my friend, have very vivid dreams yes?
Madeleine: Yes.
Yes. Sometimes they have caused you a little distress, no? *(Yes.)* **Yes. Let me say to you: Do not let this be. You are indeed a channel which we can use for good. But you have been a little afraid in the past yes?**
Madeleine: Just a little.
Just a little. You are afraid a little now let me tell you, but do not be so. You my child, will travel widely within this world. I hear you say, 'I don't think so?' but I tell you, you will. There is much for you to do within this movement. But I say to you, just be a little more patient for the time being. You are aware of your guidance, yes? *(Yes.)* **Yes. They come close to you, but sometimes I have to say, you close the door, yes?** *(Yes.)* **Yes, this is something you must learn to overcome. It comes down mainly to a little discipline on your part, but as a channel you have much to give. You have put pen to paper also, yes?**
Madeleine: I'm not sure I understand?
You have that ability, please to use it.
Madeleine: I'll try.
There is a young child who is special to you, is there not?
Madeleine: I have—I'm not sure if there is one in particular—

No my dear, there is one who is special to you, there is a bond between you that will never be broken, a boy child yes? *(Yes.)* **If it not a strong bond now, then it will come, but you should be aware of it. You want to heal don't you?**
Madeleine: Yes I do.
But I have to say, that is not the way forward for you, there are other roads to be opened for you.
Madeleine: I'm happy there is a way that I can help.
It will be shown to you, don't worry. *(pause)*
I ask you to write down these vivid dreams that you have. That is the beginning of your work for us and in doing so there will come a flow of words from that pen that you use. It will be of guidance to you and will point you in the direction which is necessary for your development. You have a quick mind my child; it has stood you in good stead so far in your life. But now is the time to quieten it down just a little, just a little. My blessings go with you and you will work closely—*(faintly)*
Madeleine: Thank you.
I have to say to you all, I feel your disappointments sometimes, when you feel that there is a path that you wish to tread and it is not always available to you. I have to say to you, all of you have jobs of work to do. It may not be what you desire, but it is the pathway that is the wisest for you. I ask only that you accept it with loving hearts, with open minds, with a generosity of spirit.
Les: Following up on what you have said, we would ask for your help, to accept those conditions, if they are not what we wanted.
I come only to help you, I come to comfort, to love you, to instruct you and I hope to be a friend to you all.
Les: You certainly are that, without question.
There is one with you, whose psychic awareness has been opening gently. They are afraid it is their imagination.
Les: This is often so unfortunately.
Let me say, it is not imagination. I have been working with you all and I hope that our time here continues, that each and every one of you are aware of this.
Les: Well I certainly have been and I hope everybody else has. Would you like to answer individually so that Salumet knows what is going on in our minds? Dawn how about you, have you been aware?
Dawn: No—
Les: You haven't, Lilian?
Lilian: I've certainly thought about you sometimes.
This dear lady denies much, let me say. She is much more aware than she knows.
Les: Yes I feel that too.
Lilian: It's my doubts that—
It is her mind yes which creates these doubts. I—
Les: So get yourself another mind. *(laughter)*
Lilian: I'll try—
Les: Sorry I interrupted, my apologies.
Let me speak now, please forgive me. The lady Dawn has the capabilities but does not devote enough time to those quiet moments.
Les: She is a very busy person, yes.
But unless you give the time, we cannot come close, you understand?
Dawn: Yes.
But you are capable if you wish.
Dawn: Yes, thank you.
Les: Sue?
I will speak for this one. We are pleased with how she is coming along. We are happy to see her awareness is reaching higher and higher.
Les: Yes she certainly has been hasn't she. Nice to have you confirm it.
Let us continue.
Les: Debbie?

Debbie: Sometimes I feel an awareness, but I'm not sure if it's my imagination or not.
Les: Here we go! *(laughter)*
Yes you see we have doubts again.
Les: Why do you think it should be your imagination Debbie, I'm sure Salumet would be interested in that?
Debbie: I think if you want it to happen, you can almost *will* yourself to—
Les: I wouldn't agree with that, the mind's not strong enough at the moment, otherwise you would *will* your back better. *(Debbie has back trouble)*
Debbie: Well maybe I should say I'm looking for things.
Les: Of course you're looking, we're all looking, but when they are presented to you on a platter, you want to scrape them off.
Debbie: Oh I don't do that—
She has little doubt, but don't be too concerned, as time continues, she will see the evidence of her own eyes and feelings. Don't be too concerned my child, it is happening.
Les: You have told her she has got the potential.
All of you have the potential, all of you are spirit clothed within these bodies, of course you have what we call *potential*. It is rather a negative phrase I think, because the awareness is there, it is—how can we say, *'stifled?'*
Les: Yes it is, it is there.
It needs to come to the surface, that is all.
Les: Paul.
Paul: Yes, you've come into my mind once or twice this week and I've felt uplifted from it.
Let me say, I have said before, this young man has much to give. It is not your imagination that I have been with you, because I have BEEN with you, you need to recognise it and accept it.
Paul: Yes, at the moment I just get a vague feeling of everything's all right and I feel on a higher level when you come, but—
Yes, I say to you, just acknowledge it and that is all we need. We need to have for acknowledgement to go a step further, can you understand that?
Paul: Yes, would it help if I wrote it down, what I feel at the time?
If you so wish yes, it may reaffirm what you are feeling. but certainly if it helps you, then do so.
Les: I have repeatedly to tell people Paul, not only you but many others as the work goes on, that they must acknowledge what they feel, so that those that are presenting it, know in fact that it is getting through to the person.
Paul: How do you acknowledge?
Les: Just say thanks very much I know you're here—quite simple. You don't have to go down on your knees and make a long speech, just say yes thank you, I know you're here; that's all that's needed—then they know they are getting through to you.
Also you see, we cannot force upon you, we cannot force ourselves upon you. Until you accept each step, if you like, we would be interfering, and this we cannot and will not do.
Les: Ok Paul?
Paul: Yes Thanks.
Les: Don't forget just acknowledge it, that's all you have to do, mentally will do.
Paul: I'll give you a good hello and a wave! *(laughter)*
I will listen closely.
Les: Margaret?
Margaret: Well I have been away for two months.
Les: That's no excuse. *(laughter)*
Margaret: I have missed the comfort I get from here and I'm so pleased to be back.
Les: But don't forget that you can use this not just here.
Margaret: Well I did ask Salumet to help me once when I was in Hong Kong and I'm sure he did, because I was able to tell my daughter-in-law, in a nice way, what the problem was.
Les: Good, so you were aware of him—good.

That is all I need you see, the contact with you and I will be there. But don't be concerned, I know you have lives to lead and busy lives they are too. But do not forget that not only do you need to feed your physical being, but you need to feed your spirit as well.
Les: All right Margaret?
Margaret: Yes thank you.
Les: Sara.
Sara: Yes, I've had a difficult time last week, but I did feel at one stage, a cool draft of air behind my back which I couldn't account for and I felt someone was with me.
Les: Did you acknowledge it?
Sara: I can't remember, I think I probably did.
I have to say, the lady was a little surprised and taken aback. You are not afraid of these things, but a little doubtful sometimes too. This young lady is a very sensitive soul as I have said before and much is available to you, if you so desire. You did indeed feel an awareness was with you and indeed it was someone who comes close to you at all times and you will have the awareness even stronger, because they are determined to make their presence known to you. But it will be slowly, slowly.
Sara: Yes thank you.
Les: And don't forget please Sara to always acknowledge it, it is important.
Sara: Yes I'm sorry if I didn't, I will next time.
Les: George.
George: There are moments when I feel guided, I sometimes seek ideas and an idea seems to come and I don't think it's my own intelligence and I do sometimes find I slap my head and look up and say 'Thank you!'
Yes we know and we are thankful for what you do. I don't feel I have any more advice to give to you—we are happy with the way you are progressing.
George: Thank you. Can I also say, through my life I have experienced some beautiful coincidences, which are way beyond ordinary chance, and they just give be a nice reassuring feeling.
Yes, well let me say to you all, each and every one of you, have your own helpers, those who love you and those you would not instantly recognise, who have been with you, since you first entered this earthly (realm?) **So you are all well looked after, you are all given divine love, which you would find hard to express yourselves, but let me say it surrounds each and every one of you. It is just your own awareness that is lacking and that is one of the reasons why you need a little help. Not only will it help with your soul growth, it will help with the work that is to come, you understand?** *(general agreement)*
Les: Well thank you very much for that Salumet, it's very helpful to everybody.
And also you my good friend, you have found within the last few months, a great expansion of your own awareness.
Les: You are absolutely right.
Yes, and that is as it should be.
Les: Yes I have been very pleasantly surprised.
You should not be, you have the knowledge so you know what is available and there is so much more to come.
Les: Good. Yes I must say it's a wonderful feeling when I am positive that you are with me, as you have been—not necessarily you personally, but the energy from your planes.
I am happy for you, it is good to here it put into words and for that I thank you all. Now, can I say I will leave you this time, with my love and my blessings and I am going to leave you this time and I want to bring someone through this lady here, *(Sue)* **who will speak to you for a little time, just to end this evening.**
Les: Right, we look forward to it and thank you once again from us all. Our love goes with you as usual and we look forward to our next meeting.
Before I go I want to say to the gentleman, the older gentleman, there is a window which he must attend to in his home.
Les: Thank you. Did you hear that George? There is a window in your home you must attend to.

George: Oh right, yes thank you. *(probably a bathroom window, which was a little dangerous for the grandchildren)*
The one through Sue then followed:
Good evening.
Les: Good evening to you and a very warm welcome from us all.
Let me say each one here needs to concentrate upon the colour blue, do you understand?
Les: Yes.
If at any time the physical body feels weary, if that body is suffering as bodies do from distress, you comprehend me?
Les: Yes we do indeed.
The colour blue can only be of great benefit.
Les: It's what we call the healing colour.
There are more than one.
Les: Yes quite. That is the one we usually think about when we are distressed and are as you say, in need of physical help.
Yes—you may think I am repeating only knowledge already given to you—
Les: No not in the least.
But it can slip the human mind, in times of distress. Mental distress also requires gentle envelopment with love and blue, you understand me?
Les: Yes we do understand you and thank you for your information. I expect all of us neglect the concentration we should make upon colour and colours in times of physical need, but your reminder is very opportune and we do thank you for it.
Sara: Is there any particular shade of blue?
Les: No just blue, it encompasses all shades.
Of course. The blue that you would concentrate on in the physical, would vary a great deal, compared to the spiritual colours of blue. This is only because none of you here, have yet to see spirit colour in all glory, you understand me?
Les: Yes, we can't imagine it, we can only think of our own dull colours.
Therefore it is immaterial what shade you concentrate on, we would supply the colour in spirit.
(tape ends here unfortunately)

~8th May 1995~

Good evening.
Les: Good evening to you.
It is good to be amongst you once again.
Les: It's very good to have you once again. I'm sorry we're not all present as usual, but as you probably know, there is a holiday period here, celebrating the end of the ghastly war and some people are helping with those festivities.
Numbers matter not, but it is good to come to you upon the vibration of love, which surrounds many of your countries at this particular time.
Les: Yes it must be very noticeable to you I would think. Such a change from the normal vibrations you would receive from this Earth.
If only you all could keep hold of the love that is felt at these times, then your world would be so much better.
Les: It certainly would.
I would like to speak a few words upon the love for your brothers. (Yes please.) **What do we mean by love? So often the word is used without the true meaning being searched for. I say to you, what is *love?* Do we speak of the all-consuming passion for each other? I think not; that is not what we try to teach you. So what is this thing called love? It is being shown to you at this very moment in time. It is a tolerance, a great tolerance of other people's minds, of their words, of their conditions. It is non-judgemental, that is what we mean when we speak of love for your brother man.**

Les: Yes we understand.
It does not mean that you carry on blindly, that you look only with partial vision at what surrounds you. Otherwise how can you deal with the evil within your world, if you were to do so?
Les: It would be impossible, just as a love based on overwhelming passion would be impossible to sustain.
It would die a certain death.
Les: Indeed it would.
So I would say to you all, firstly before you utter any words, to stop and think, because I have told you so many times now, that your thoughts are energy which go forward to create their own patterns. So I say when you come to place judgement upon another, stop and think, send out those love vibrations as best you can, because you see you can only do so much whilst in this physical overcoat.
Les: Yes and unfortunately this sending out the thoughts of love sometimes is an extremely difficult thing for us to do, as you well know, though we may try to do it and wish to do it.
You should not look upon love in the same way as a mother to a child, to a husband and a wife—that is not the love we speak of. These are emotional passions—you must search further, deep within your hearts, within that thinking part of you, which is your spirit—to recognise what is *true love.*
Les: I think it is difficult to put it into words, as indeed it has to be an awareness of our spiritual self reacting through the physical self of course. But to me it can only ever be an awareness, rather than a word experience.
Yes you are right, but being human as you all are, you rather like to place these thoughts these feelings, into little boxes.
Les: Unfortunately we do.
I want to teach you to widen these areas of your thinking, to open up each of these boxes that you place so much into, to look for the wider scope on all issues, not *(only?)* **love, but on many subjects. It will not be easy for you, but I am going to help you all, to try to achieve this. Open up your *hearts* and your *minds* to *all* things *please.***
Les: Thank you for your help in this.
If only you could see the emanations from your world at this time, you would be so surprised, it is something to be held onto—it shows it can be achieved, if you so desire.
Les: But unfortunately in our present state of living, those emanations don't seem able to survive for long from us—the mundane things intervene again, the selfishness, the greed, the thoughtlessness.
Take it one step at a time, it has to come. What do you say, you have a saying in your earthly life do you not, 'From little acorns grow big trees.'
Les: Certainly we have that yes.
So you see, you have to begin somewhere.
Les: Yes true and I hope we are making the right beginning in what we are doing now. At least we think we are. *(pause)*
Tonight this time, I want to say to you: Are you, and I ask this most sincerely, are you prepared to sit, is there someone who will take over for you?
Les: Am I prepared to sit? ***(Yes.)*** Yes certainly
For this time, we have someone who would like to speak through you. I am happy to give them the time, provided I have your agreement.
Les: Yes certainly, of course, I shall be only too pleased.
I do apologise for this, because I have said to you, when there is someone about to come, I would forewarn you.
Les: Please don't apologise, you can't know everything intimately ALL the time and there was somebody with me earlier I know.
That is why we would like you to sit.
Les: Most certainly.
And then for the rest of the time, we shall see what comes. Are you all happy with this?
(general agreement) **Please do tell me if you are not content with anything I say or suggest to you, because you see without you my friends, I would not be here.**
Les: Yes we are perfectly happy with what you suggest, aren't we? *(general agreement)*

But we must have—I will make a suggestion please. I think this lady *(Lilian)* **would be most suitable to look after you, if need be—not that I anticipate the need for it, but as you know it is better to have someone in control.**

Les: Absolutely yes, thank you, I will go and sit now and you are quite happy to do that Lilian? *(Yes.)* Thank you.

I will continue to speak while you prepare yourself and then I will gradually go. So I will leave you with my love and my blessings now.

(general thanks)

Les: And our love goes with you, God bless you.

Before you sit please, who is a burden called Andy? You go back a long, long time. He speaks of Sheffield, Sheffield you know?

Les: No, it's strange to me at the moment.

I'll leave it with you. He is around. I would say to you all my friends, to think thoughts of love for this short period of time—it will help with the one who wishes to come. Now I say goodbye, goodbye to you all. *(thanks + goodbyes)*

There was then a short pause for a few minutes, before our guest started speaking through Les, in very decisive, slow words:

Lilian: Good evening to you.

I have waited many years for this opportunity to speak with you all in your tongue. I have walked with you also for many, many of your physical years, guiding each, guarding each, until all are together again. You have been told that all have been here before. You were not told that time would come for you all to sit together once more, because of the great love in true sense, which for short time is upon this Earth, I am able to be with you, otherwise not possible. I wish you to dwell on my colleague's description of love. You do not know what love is, or can do, until it is part of your very being—a spiritual awareness that far outweighs any physical comprehension. You use the word in a sincere way, but without really being aware of all implications. The word has been brought down to low level of regard. When you speak of love in physical sense, it is fiction, it is attraction, it is passion, but it is not love. I ask you now to consider reason for all true love vibrations, which rise from your Earth at this particular time. Why is it so? Has it occurred to you that love which produces such wonderful energy beyond compare, is brought about by suffering, by loss, by agony, by anxiety, by traumas which you cannot imagine, if you have not yourself suffered such things. Think on that my friends, think on that. Love in the true sense, does not arise from well-being, from happiness, from freedom from want, from good health, from satisfaction of material needs, but from all things contrary to what you would consider to be the basics of love, do you understand me?

(general agreement)

It is important for your development, that from this time, you think of how 'True love' begins, how it is nurtured, how it can relive in others. Do you understand this? *(general agreement + some uncertainty expressed)* ***Love is not easily attained, nor can it easily be given, it must be born from the lowest things, in order to become the GREATEST thing. If it were born from happiness, from ease of mind, from ease of heart, then it's structure would be that much less. A diamond in your physical Earth, is formed from incalculable heat and pressure. It does not become a diamond in any other way and as that diamond is treasured and can give happiness in various ways, so can love born from adversity, become it's own scintillating diamond for all mankind, do you understand?*** *(general* ***agreement) Now, I say to you my long time friends, think on what I have said. It is not easy to give True Love—'TRUE LOVE'. It is easy to give what you now consider to be love, but we require of you all a greater understanding of real love, a greater desire to achieve that giving of perfect love, so that we can assist you in your forward path, is this clear? (whispered agreement) Are you prepared to continue in your endeavours to achieve this?*** *(general/strong agreement)* ***That is good; then my years unseen by you, unaware by you, have not been wasted, I am pleased to know. And to our visitor here tonight, I say that you too will become aware of true love in the years to come. We shall now take you under our wing. You have learned enough since this person has taught, to understand that it can be done, is this clear?***

Madeleine: Yes it is.

I shall not be able to speak with you again for many years, but that does not matter. In times of great joy and celebration, recall this time and remember your promise to try to understand the meaning and the origin of love.
God be with you all, my love to each and every one of you and my gratitude for your patience in listening.
(general thanks + fond farewells)

~29th May 1995~

Les: Good evening, we are very pleased to welcome you again.
Good evening my friends.
All: Good evening.
I am happy to be with you again. My absence has not been too long I hope.
Les: No not really, though it had seemed so. We are so used to you speaking to us now, that even a short absence seems a long one. Never mind that's behind us and we are particularly glad that your instrument is well again.
I am pleased to be with her again, but if there should be any problem with her, then I will withdraw, but I do not see that at this present time.
Les: Good, I understand thank you.
Spiritually there is no problem, but I would not be happy to leave her with any physical problems, you understand?
Les: Oh yes I do, I know your first consideration is for her welfare.
I need to say to you, that this one I am using, is not always happy to ask for help. It is one of her life lessons that still she struggles with. But she is beginning to see the wider issues involved and so I hope as time continues, she will find it within herself to ask me more for help.
Les: Yes I hope so. It's interesting that you should say that, because last night I was talking to another lady, who expressed the same doubts about asking for help and I had to tell her very forcibly that there is always power available to ask for; they won't drain it, they won't use it all, so they must ask.
Let me say a few words on this please. To be able to give freely that love and help that is within you, you must know what it is to receive. There must be the unity of both, can you understand this?
Les: Yes, there is in another expression, the positive and negative again operating.
Let me say it is this: To *give* in a way, is to receive, I think most of you understand this. But also, in *receiving*, you too *give*. It is a complex subject and one which I will elaborate on in another evening, but you must do both in your everyday lives. To *give truly*, you must learn to *receive graciously*.
Les: Yes that applies in the normal domestic daily affairs as well as in spiritual affairs, I have frequently said that to people, they must learn how to receive as well as give.
There seems to be a school of thought amongst you humans—if I don't sound too unkind—you think always to be good people you need to give, give, give. I do not say this is not good, please do understand me, of course it is good. When the 'I' when the ego is forgotten, to give to another can only be good. But as you say, to receive is also good for you spiritually, because in receiving, what are you doing, but *giving* to the other person the opportunity to *give*. Can you see the correlations of what I am saying to you?
Les: Absolutely, that is precisely what I have told people, you deny them the pleasure of giving, if you don't receive.
This is the problem with this one I use. She is only too happy to help, but feels sometimes within herself, some guilt at receiving. I will help her with this. It is a problem which has been carried forward with her from times before. It is a life lesson, which will be resolved this time.
Les: Good, I'm very glad to hear that, I personally have no hesitation in asking for help, which brings me to something I was going to tell you anyway. My daughter in Canada many years ago injured her foot rather badly and she was contemplating having an operation, it had become so painful. She listened to all of the tapes I sent her, a tape containing your voice and thoughts and comments on the power of thought and healing, to the person. She began using those words and she phoned me full of joy, to say that the foot had completely recovered and she couldn't express the her pleasure at being able to walk without pain.

I am happy to hear those words expressed. When first I came to you, I said I wished to help all of you here. And in saying those words, I do not think I said to you that *all* who are connected with you, will feel the ripples of that help, *if* they so desire. You cannot be an island within yourselves, you belong to this cosmic population and all of you my friends, are intertwined. So I say to you, I am pleased that she listened to what I had to say, that she heeded those words and so has benefited from them.

Les: She certainly has and she looks forward to a constant supply of your words now.

Again I return to what you must by now know as one of my favourite sayings:

Thought is all-powerful. Always, always remember.

Les: Thank you for that. Do you wish to continue speaking or may I ask a question on another subject?

Let us have your questions this time.

Les: Right. At our other meetings, we have been having information on a par with what you have been saying, not so advanced, but approaching that and we have been told that there is so much to be given to us, that they will be using a medium at those meetings. This has happened several times and recently one communicator said much to my surprise, that he was from the year 2600. That is over 600 years ahead of our present time. Now, is such a thing possible?

Let me speak firstly please. I know of what goes on within these walls, but let me say I am not involved in *all* that goes on. I have come to you for this group of people, so although I can say that what you receive is genuine, I personally, the 'I' that speaks now, am not involved in other work, you understand?

Les: Yes. But it is genuine what we were told?

Let me go a little further. I have said to you when we speak of past, present and future, it has always been. You remember my words?

Les: Yes we do indeed.

I know this is difficult for you to understand at times, that your knowledge is not sufficient enough to take these facts in. When you have a communicator speaking of time to come, I would say to you, it is not a person in a form that you would recognise. You would agree that the future is known, you can accept that. But you see, we are speaking of time on a much different level. I suppose you could say I too have come from the future, you follow me? *(Yes—)* **But I would imagine that your physical minds suppose that I come from the past. I am going slowly to try and make you understand what is happening here.** *(Thank you.)* **When you leave earthly time, when that spiritual aspect of yourself leaves and travels to what you term the 'spiritual realms,' then time ceases to be, as you understand and know it. You understand and accept this?**

Les: Yes, we follow what you say. It's a new dimension entirely unknown to us at the moment.

There are worlds within the cosmos, that are much in advance of yourselves, also in time. So you see, it exists, but to you little is known of it. I would say to you, I think what you experienced through your medium, was an aspect of what is to come. It was not a physical presence, can you understand me? *(Yes—)* **It is an aspect that has been drawn from time to come. Imagine—let me try to simplify it. If you have a child's ball, which is rolling forward, all things are mapped upon the ball. So, what is ahead is already known, you agree?** *(Yes.)* **If the ball were to come backwards, roll backwards, then what has been ahead of you, suddenly becomes the present, can you follow?**

Les: It certainly makes it much clearer.

It's a rolling, rolling thing. Very similarly, that is a little of how time exists. It is a very simplified form of time. So it is the aspect of what has been ahead of your time, that has been spoken of.

Les: I see, that does clarify it for me, thank you.

In the same way as we have spoken with the travellers of space, you see? They are defying 'time' as you know it.

Les: Yes that is a shackle we have to throw off if we can, isn't it? Because we base everything on our current knowledge of time and space.

You really have to forget what you know and understand. By that I don't mean that what you know is untruth, but it is *very*, very limited.

Les: Quite, we just have to accept it, that it is beyond our comprehension, because through the same medium, at another meeting, a rather parallel statement was made. I asked this particular person, who said he worked on 32 different planets, whether he took on the form and appearance of the people there

and whether he was able to speak their languages. And he said—I say 'he,' for want of an appellation—he said that he was amused at our always putting these remarks in human form, because he had no form, he was energy.

Yes, this is a subject also that you humans know little of. What are you without your physical form, if not energy? All, *ALL* that exists, is a for of energy—and let me say there are many forms. I would say this to you: Be cautious of all who claim to be travellers in time, because I must say to you, there are those around, whose motive is not always true. I do not mean that deliberately they would lie to you, but they—how can I tell you—they would be amused by this. So I say always be judgmental, always be as I said to you when first I came, *accept only what you find in your heart seems to be the truth.*

Les: This is why I wanted to refer the matter to you for confirmation.

There are many, I will not say, do not accept or believe what is happening, but they become a little misguided in what they feel. I am not being unkind when I say this to you.

Les: No I quite understand what you mean.

I say to you this: I will look into this for you, because I have not been involved as I have said.

Les: No, because I don't want to accept information which is faulty, not necessarily deliberately false, but faulty in it's giving.

No, you may assume that mischievous spirits exist only in the lower forms of life. I have to tell you they exist in many higher aspects of living.

Les: Yes I had begun to believe in that. I used not to, I thought that they were confined to the lower spheres, but I must admit that I've begun to think that a certain degree of mischief must exist in the higher spheres too.

You see, there is a problem with using the word, 'realms', 'planes'—all of these physical terms. You see what you do then is limit what there is. All of existence cannot be limited—it is *never-ending*. There *has* to be these spirits. If you accept that the cosmos is never-ending, that the Creator is bigger than any of us will know, then you have to accept that there is much that we are not aware of. And I have said to you in the past that you humans are really at the bottom of the ladder. So in accepting this, you have to accept that there are many rungs of the ladder, where you can—how can I express it to you—'fail to reach.' I will speak to you next time on this matter.

Les: That would be interesting, thank you. I must admit, much more frequently than I used to, I'm reminded of an expression which we were given by a communicator long ago, when I was talking about proof. We were told that if you have faith, you will receive the proof.

I must say, I don't like the term 'faith.' I would say to you, keep an open heart and mind. Faith implies—how shall I say—something that is *bound*, something that needs to be done by the person. Can you understand me?

Les: Yes I can.

Always my problem is in my expression to you, of difficult subjects, which need simple explanations. Faith is not the correct term.

Les: No again it's semantics, isn't it—a question of the right language to use?

Yes, but I will speak next time, I will tell you what I know.

Les: Thank you, we look forward to that.

But whatever other work goes on within these walls, is not of my doing. I came for this time, for these people, because of the connection that was made and the many years I have waited to come to speak with you. And I hear some say, 'Why should you not be involved in all that goes on?' Because like you all, I too have a *mission*. I too am encompassed within certain limitations. And although the possibilities are there for me to work with others, that has not been my intent or desire. I want to say to you that because of the instrument, I will not bring someone who I intended to bring this time, but once I have spoken to you next time, please be prepared for someone, who you will find of great interest.

Les: Thank you very much for telling us.

May I say to you all, before I leave you this time:

May the stillness and the peace that is now, may you all be enfolded within it.

Les: Thank you and God bless you. Our love as usual goes with you.

Let us see what the rest of your evening brings. My love goes with you all.

There then followed someone through Eileen, who came through partly to overcome her shyness. She was often in trouble for giggling too much and she had a good giggle with us too, which helped lighten the atmosphere and bring Eileen back.

~5th June 1995~

Good evening my friends.
Les: Good evening, we all welcome you.
May I ask you please to lower your light? *(Certainly.)* **Are you all quite comfortable with the dim light?**
Les: Everybody happy? *(general agreement)*
Good. Before we embark upon the work this time, I want to say to you about the information you asked upon last time. I say to you, the communicator was indeed a traveller, but the information given to you, was a visionary aspect of what *is* likely to come. You see, by your earthly clock, that time is not here now. Therefore, there are likelihood of changes. So please accept it as such.
Les: Yes certainly. It certainly clears it in my mind. And I thank you for having taken the trouble to verify it for me.
I have clarified it for you enough I hope.
Les: Yes you have indeed thank you.
Now I want to say thank you to our friend who has welcomed another into this room. An area of her work has begun, I am pleased to say. It probably is an aspect of her work she has not considered.
Les: Is that so Sarah, you hadn't considered it?
Sarah: No I hadn't.
I speak of the young lady. *(Sara)* **You see you have communication skills, skills which should be put to use, for the work of spirit. I know your thoughts have travelled along many other lines, but keep it open please.**
Sara: Yes, I will.
Now before we continue, does anyone wish to ask me any questions?
Les: Any questions from anybody?
Mark: I have a question about an old chap. I think he's had a heart attack recently, his name is Don. I wondered if anything could be done for him, or if some advice could be given to help him?
Let me say about this. There is nothing you can do, except to give your loving thoughts. You cannot do more than that for this one. While we speak of these matters, let me speak of the one known to you. Do not look upon passing, as something undesirable, because you know it is not. I would say only to you all, it is an extension of life. Do not be concerned, all will be well with that one.
Les: I'm sure he will soon be establishing himself in his new life. I have not told all our friends yet, but Graham passed on today at 11 o'clock.
Thank you Salumet. *(Graham was a long-standing member of another circle which Les ran on Wednesdays)*
It will take time. I would just say, there are recriminations. But we do not look further at this time. I will leave it with you and let us continue. *(Thank you.)* **I promised you last time, someone you would find of interest.**
Les: You did so yes.
Yes, let me ask you please, are you prepared to be used, or would you rather the instrument I am using be used?
Les: I think on this occasion it might be better, if you use the instrument you are already using please.
Fine, let us bring forward the one who is waiting. In the meantime, I think we have communication with the lady, for a short time. Then we will continue with our visitor.
A communicator came through Sue, who was called Albert and talked about his work as a gate keeper. (one who protects groups such as ours:
Hello.
Les: Hello, thanks for coming.
I'm what is known as the one in between.
Les: We have a long word, an 'intermediary.' How does that sound?

That sounds a little bit too official for the likes of me. You know, in the days on your Earth, you know the variety acts? Well I'm like the one between, before you get to the top of the bill.
(laughter)
Les: That's right. You are the one filling in the space that's left.
That's right—I'm filling in.
Les: And you are making a nice job of it, thank you.
You don't mean—I haven't said anything yet.
Les: But what you are saying is quite clear.
I know, I've been practising a long time.
Les: Have you, good. Well we all welcome you and are pleased to have you with us. Now, I'll let you do the talking.
Well, it's not much really, but I thought when they asked me to come along for a little while, I thought, 'What can I talk about that they don't already know?'
Les: I'm sure there's a lot you can talk about that we don't already know.
Well, I've got quite an interesting task.
Les: What do you do?
I really enjoy what I do and it's quite important really. You've heard of the 'gate keepers,' haven't you? *(general agreement)* ***Well after lots and lots of training, I have been privileged enough to be made a gate keeper.***
Les: Congratulations.
Quite recently in fact.
Les: Because that is a very important task, I know.
Yes because sometimes you have to keep the likes of me out. *(laughter)*
Les: Yes, we had one of your colleagues sometime ago, come to see us and he was so enthusiastic about his job, that he often kept out people who had permission to come!
I can believe that I can, yes I can believe that! Yes and my goodness me, sometimes you do get into a bit of trouble for doing that, because it upsets all the plans. But at the moment, I haven't been doing it long and I can say I haven't made a mistake.
Les: No, well it's much better to be over-careful than not—
Of course, because, being serious for a moment, you do appreciate there are some times when the gate keepers have to be very careful.
Les: Of course they do.
This work that everybody does, it doesn't need the likes of someone coming in and upsetting things.
Les: No, particularly with the amount of energy that you produce in this room.
No—I feel it all around me. I haven't actually been here before, but I have been to other people in my time, but it's not something I will be doing often, because of my job, being serious for a moment, is too important.
Les: Yes, I quite agree, it is very important.
It is not an easy thing to learn. But I was proud when they offered me the position. It sounds as if I've got a job here on your Earth—'offered a position—' yes very posh! *(laughter)* ***Well, I think they are ready now for someone who is rather more important than I am.***
Les: Well thank you very, very much for what you have told us. And take our love with you.
Just remember if somebody comes through, not now, but another time, you can ask them whether their gate keeper was your friend Albert.
Les: Albert, thank you very much. Yes, I hope you will be allowed to come back again, we shall enjoy talking with you.
I hope so, but now a very important part of the meeting, God bless you all.
There then followed our expected guest arranged by Salumet.; one known as, ***'The Light Escort'*** *channelled through Eileen:*
Les: Good evening to you. We do give you a most loving welcome.
Am I audible? Can you hear me?
Les: We can hear you thank you. and we are very happy that you have come to visit us.

I am trying to find a level which is most comfortable for me.
Les: Yes, there is no hurry. Please take the time you want.
Yes. That is better, thank you for your patience.
Les: Thank you for taking the trouble to come to us.
I feel your warmth so much. I have not done this before. So please bare with me, I find using voice difficult at the moment.
Les: Yes, you'll find it will become easier for you, as you continue speaking.
Yes, I will speak if you will forgive fluctuations in the voice.
Les: Yes of course. That doesn't matter in the least.
Firstly, I am glad to join you all. I have been aware of this moment for some time, for which much preparation has taken place.
Les: Yes, I'm sure it is not easy for you to do these things. And we do appreciate the trouble you go to.
Salumet thought you would be interested in hearing what I do within our world.
Les: I'm sure we shall all be most interested.
In fact I do more than one job, I think you would say. But mainly, I am an 'Escort of Light.' Do you understand what that is? (Not completely) ***I'm being told, no they do not, that is why you were sent.****(laughter)* ***Right—I'm finding myself now. Yes, what I do and what I mean by an escort of light, perhaps you will recognise if when I say I am the unseen beam of light, when people travel the tunnel of light. I am the vision of light that awaits*** **the passing.**
Les: Oh that's lovely and we do thank you for the effort you put into this. We've heard about it so many times.
I think we are the unknown entities of the spirit world. *(Yes—)* ***So many times when these things are recalled, we are referred to as, 'I think I felt and could feel someone there, but we were not sure.' Yes and people feel and think they see something, but are never sure.***
Les: Yes that's quite right, you're absolutely correct in all that, we've heard it so many times.
Well I have to tell you I am not unknown, I am real.
Les: Yes, we quite believe that. And so that is your main task, is it?
That is my main mission, yes.
Les: Yes, mission is a better word. You don't consider it a task.
It is no task, it is work, it is growth, it is unending love.
Les: Now I'm going to ask on behalf of all my colleagues here, I'm sure they would wish to ask the question, why is it necessary to have a tunnel? Is that to direct and conduct energies in the two planes of life?
Yes, it is to buffet the soul. It would be too much of a shock, too much of an energy shock for the spirit. It needs to be buffeted and that it the reason why most, I would not say all, but most people feel that love energy surround them.
Les: Yes, I see and it is concentrated by what we call a tunnel.
You see, within this so-called tunnel, it is energy of love, I prefer to call it. It is seen as a tunnel, because of state of the soul, at a particular transition stage. That is all, we remain mainly unseen, because the soul at that time, needs to be protected.
Les: I follow. I understand that that it would be a shock. So you appear to them just as a light, to the newly passing soul?
To those of a little more awareness, I sometimes appear as a very, very dull image, of what they assume is a person, but they are never sure. It very much depends on the awareness of the passing spirit.
Les: I Follow. So you can appear in a varying degree of light or dimness, according to the ability of the soul to accept what it is experiencing at that time?
Yes. As you know while in your physical being, that all of you vary, in your degrees of awareness. Then that is how you perceive the tunnel of light and us escort beings of love. it is all to do with spiritual awareness.
Les: I see. I think I would be right in saying that it is not necessary for every soul to pass through that tunnel?

Of course not. Some find themselves immediately in our side of life. It is not something that is experienced by all, by any means. But of course, we know of those who will experience this and thereby our task becomes imminent, you see?

Les: Yes, you adjust accordingly, to the one who is about to enter.

You see in the in between state, of what you term, 'life' and 'death,' sometimes it is necessary for us to show ourselves as a bright light.

Les: Yes—that would overcome I imagine, any attempt there is, not to leave this plane. The fact that there is a bright light would attract a reluctant soul?

Yes, of course. That is one of the objects of it, that there are those within their bodies, who will fight to the very last, to remain within their physical overcoats, you see?

Les: I see, thank you. And going back to the fact that some do not need to passed through the tunnel, I refer to my own wife's comment, when she came over, that there was what she described as a puff of wind and then she found herself in your plane of life.

Yes—let me say, what or who do you suppose is the puff of wind? I have many guises. You see whichever way, whatever happens in the transition stage, we are always there, whether we are known of, seen or unseen.

Les: Yes, I would imagine she was feeling an enfoldment of love, to welcome her.

Yes, and you say those words beautifully. We are an 'enfoldment of love'—that is what I am. I feel so emotional, when I say those words, whilst using a physical voice. It is something of beauty. I have experienced much—much joy, much sadness from those on your side of life. But mainly the joy it brings to those who work together, really is something to behold.

Les: Yes. I think we are quite unable to imagine the extent of joy that is possible in your world.

You cannot. One day perhaps you will, but we speak of such a long time of development, before you could achieve such bliss.

Les: Yes, I'm sure it will take a long time.

I am being told to say to you a little of how those of us are chosen, to do this work.

Les: That would be most interesting for us to know.

Forgive me if I don't seem forthcoming, but it is strange for me to sit within a physical body, trying to express what is—I don't know—seems so beyond your understanding.

Les: It must be difficult for you.

So I am being prompted to tell you a little more. We come from a state of what I can only term, 'supreme love'. I believe you term it this, that is the closest word.

Les: Yes, I think that is the closest we can get to it.

Once that stage is reached, then there are many options open to us. I will speak a little of what I felt, at the time of deciding of how I wanted to continue with my growth. I was listening to a gathering of many, when one speaker stepped forward, who would give to me inspiration for what I had to do. I had a choice. I could continue as I was—I could teach others, many who would come and gather around me, to teach. By this I was most humbled. But henceforth came this speaker of light and approach me he did. And without going into too much detail, he showed me that the way to go was to come back, not as someone visible and known, who would be grateful for such things, but to return through many spheres, to help those who are lost, who are lonely and who need help. Can you understand how shattering this realisation was to me?

Les: Yes, I think I can.

Because you see, I suppose even in the state of bliss, there existed an element of vanity.

Les: That must have been shattering.

Not vanity as you would imagine the word to mean. But you see, to have people come to you, for you to teach, is a very great privilege. And I in—I don't know the word to express to you—in my ignorance I suppose, thought that this was my soul's way of growth. So I was left for a time, to reconsider, because I have said to you it was my choice. I had the choice and I realised that this was the way I must go. So you see, to become an escort of light, not to be seen, not to be recognised, but to have someone know that you are something, was indeed a very big experience for me.

Les: Yes, I'm sure it must have been. And you mentioned coming back through the spheres—about coming back to lower sphere, if I can use that expression, does not have to be a permanent condition for you, does it?

Not at all, not at all.

Les: No, you go back to your own sphere, which you have earned.

I return often, to replete to replenish, to be amongst those I should be with. I need to do this—we all need to do it. I think you would term it, 'to recharge your battery.' Yes? (gentle laughter) ***Someone just told me, 'say that and you'll be fine.'***

Les: That's right, we perfectly understand that expression.

Yes, it's quite a comparison, don't you think? I am telling you, I'm a being of light and I need to charge my battery! (more laughter) ***Yes, I'd rather forgotten how amusing you beings could be. I have long forgotten. That is not to say we do not have our fun—of course we do.***

Les: No of course not, I'm glad you do. So you periodically go back and then come down through the spheres again, to become an escort of light, for a given period, ***(Yes.)*** until you feel the need to return to the place, which you have earned so far.

Yes. There is no set time. The need is known—the need to return is known.

Les: It would be known and you would be taken back.

This I believe, is something you don't know much about, that all needs, all time is known. We do not set clocks, we do not use calendars, but all is known.

Les: Yes, all is known. We cannot understand it, but we quite accept it.

Let me speak a little more. I hope I am not taking too much of your time?

Les: Good heavens no, you can go on as long as you wish.

You are most kind. *(pause)* ***Ah yes, someone is saying, 'do not procrastinate, go on speaking.'*** *(laughter)* ***Sorry if I am doing that, I don't mean to.***

Les: No, we are really thrilled to have you speaking to us like this and I don't use that word lightly.

Thank you, I do feel your warmth. Let me speak a little, let me tell you what happens to those souls, who are buffeted by us. We escort them to the area, I think you would say, their 'destination.'

Les: Yes, the one they have fitted themselves for, in their physical life?

No, no, let me explain. Their destination, when they first arrive in our side of life. They are greeted mainly, by those who are known to them, for recognition purposes. If not, they are met by those who have helped to keep them safe, throughout their earthly life. But in any case there is someone, who to the being just arrived, who is solid—rather than **we** ***who are unseen,*** **they** ***can see, they can feel, they can touch, if they so wish.***

Les: They can identify more fully and more confidently with those people, I understand.

Yes, but this is not where they are destined to be, because before that happens, they have to have a re-run of their earthly lives. Much has been spoken on this. Once this happens, then we withdraw and they are left in the hands of those who are there to help them.

Les: And those people would be nearer the physical plane, than you can be?

Yes. We help them, but we leave them, when they actually leave the earthly realm, you understand me? *(Yes I do.)* ***We then return to those who need us. Let me just say something, may I?*** *(Yes please.)* ***So often, we hear those of you who say, 'I think I saw this, I think I saw that.' Most times they are not seeing anything spiritual, because when they do, there is no doubt,*** **no doubt.** ***So can I say to you, I'm being hurried along, because I'm slowing down, I do believe, I'm not aware of it—am I slowing please?***

Les: I wouldn't have thought so no.

(voice becomes fainter)

Thank you. When you see a spiritual light—those of us who work in that way, you will not doubt it. You will know it is the truth. If you have doubts, then by all accounts, it is not from spirit. You understand me?

Les: I see, so the vision would make such an impact, that we would have no doubt about it being spiritual.

Yes, and that is why, when you have people who are close, who are ill, who see these spiritual lights, which no one else can, that is why they are so positive. That is why no one can persuade them otherwise. Do you see what I am telling you?

Les: Yes, so other visions which people have then, would be classified as clairvoyance would they, rather than spiritual visions?
Yes, yes, that's true, yes that is what I am trying to express to you. There would be no doubt, no doubt. Yes it is not quite as easy as I'd presumed it would be, but nevertheless I hope I am giving you information not known to you.
Les: You certainly are doing that and we are extremely grateful to you.
When the tunnel of light is seen, it almost radiates down to the forehead of the being who is seeing the tunnel, and they are drawn—you know the spirit leaves that way—I'm being told you have the knowledge of that. It travels up the tunnel which, if you can visualise, the energies are much heavier at the bottom. As the being travels closer to us, then the energies become much, much lighter.
Les: That would account for the fact that we have been told from a number of rescues, that their journey through the tunnel, suddenly becomes faster and faster.
Yes and their experience as they come closer to spirit side of life, there is more they feel and think they see, because of course on the lighter energies, much more work can be done. The closer we go to the denser energies, the more difficult it is, to help that spirit being.
Les: As you are experiencing by talking to us tonight.
Yes, that is why I found it so difficult, but I must say the longer I stay, the easier it becomes.
Les: Good, I'm pleased to hear that.
Yes, now would you like to ask me anything?
Les: Yes there is one question I'd like to ask you. You have said that all is known in your world and this we can accept. In what way are you given the information that a soul is approaching the time to go through the tunnel, or to reach your plane?
How do we know? Because we see their light. We do not see you as human beings clothed within these bodies, heavy, heavy, heavy. No, we are attracted by the light energy, which become depleted.
Les: I see, so you know then that the time has come for that soul to take it's journey to you.
Let us say it is not an instantaneous thing. If the knowledge is known, there are many preparations made. But of course there are occasions on your earthly plane, where life ends as you would say, sooner than it should. In those instances, we are instructed by those higher beings of light, who have much more knowledge than we do.
Les: I see. I ask the question, because last night, 24 hours ago, I was asked by a communicator from one of the spheres nearer Earth, that if I wished to see a gentleman friend of long standing, whom I knew would not recover his health, I was asked to go and see him as quickly as possible. It occurred to me when that statement was made, that you must have the knowledge that they would soon be passing.
Yes, of course we do. That knowledge exists beforehand, as I have said, preparations are made, because let me explain a little to you—I'm being told to explain this a little more. When you are on the Earth as you are, when you are in full health, your energies shine out to us like beacons, pure light energy, because you are spirit you see, we see the spiritual aspects of you, not the human heavy dense matter, you follow? *(Yes.)* ***As those energies deplete, as illness comes upon you, so your colours, your energy, your light changes—subtly, slowly, slowly. So there comes a certain stage within your living, when we are aware that the time is near for you to join us; your colours and your lights inform us. It's rather like a magnet that attracts many to it, can you understand?***
Les: Yes I understand what you say, thank you.
That is how we are aware and I believe if you ask Salumet, he will explain that there are many whose task it is to do this work.
Les: To advise you of the imminent passing of somebody from this Earth?
Yes, but of course remember too, that those loved ones on the lower levels, who are closer to those they have left behind, are in constant touch and they also know when their time is near.
Les: So they will have the knowledge to interpret the fading of the energy?
They will be aware, that is how the preparations can take place.
Les: And that is how relatives who have passed on, are able to appear to the one who is due to pass?
Yes, because you see the very fact of the energy depleting, is enough to draw those loved ones to that soul.

Les: Thank you, that's very clear.
Have I helped you in understand?
Les: I think undoubtedly you have.
Because after all, that is what we are trying to impart to you.
Les: Yes, you have given us wonderful information tonight. There is one final question, I feel the power is going. ***(Yes.)*** In the case of a person suffering an unexpected accident, we've always assumed their time on Earth has been cut short, because of that accident, it may or may not be so, it's difficult to say, perhaps their time had come—but in the case of somebody's life being cut short prematurely, am I right in saying they are 'cocooned' in some way until their time arises?
Yes I understand your question. Not always, not always, it would depend on the period of time that lapsed between the passing and the intended natural passing, you follow?
Les: Yes, it would depend upon the amount of time still left?
Yes, let me give you an example:—Yes, Salumet is telling me this subject has been discussed, but he's telling me continue—Let me say to you, if you have a child, who really was destined to live much longer, if the period of the earthly years was one of long duration, then of course the child would be cocooned until such time, because you see, we have said it is a shock, you understand? *(Yes.)* ***So you must not try to visualise your earthly years, you should not try to imagine time as you know it, because that does not work for you. If for instance, someone's passing takes place, shall we say, just a few years of your earthly time, then there is no reason why they should not go forward. They will be instructed, told of why that passing was sooner than it should have been.***
Les: I see. Thank you, that does clarify some points that had been in my mind, since we did discuss it with Salumet. I apologise to him, for bringing it up again, it wasn't that he didn't explain it fully, I'm sure he did, but it was simply a question in my own mind, and probably in the minds of my colleagues.
He is saying, that is why he comes, he wants you all to fully understand.
Les: Yes, well now we do. I'm sure it must have occurred to some of my friends here too, the same questions.
There are ,many, many difficult things for you to understand we know, but we try to help you.
Les: You are certainly unravelling an awful lot for us.
Yes well, I hope it has been instructive and you can give forth the information given to you, for those who feel they have travelled the tunnel and returned, who say they felt sure there was someone there, but they could not see them—*(chuckles)* ***Perhaps you will remember me and say, well we know who it could have been.***
Les: Yes, we shall certainly remember you and we all thank you don't we? *(general agreement)*.
May the love of the Creator be with you all and I know I won't be seeing you just yet!
(gentle laughter)
Les: We shall think of you doing your job anyway.
Peace and love be yours.
Les: And our love to you and to our friend Salumet.
Sara: Can I ask a question? Have you got a name?
Les: He won't give it, sorry.
I could give you a name, but it would be useless, there is no need to. It is what we do that is important. Now—
Les: Our love to you and our deepest thanks to both of you for a most instructive meeting.
I think he will come in a moment, thank you.
Salumet then returned briefly:

Well my friends, I hope you were pleased with what we could bring to you.
Les: I think that's an understatement, if I might say so. We were delighted with what you brought for us.
For that one, it was a good experience and now I will say to you, the lady will end this time, with just a few words and I will say to you, until we meet again.
Les: We will look forward to that impatiently. Thank you so much, God bless you.
There was finally one through Sue, who closed with a prayer, a little of which was too faint to hear on tape:

—May the light of the lord surround you,
may the love and the light be with you,
may the love that you feel be given to others,
may love encompass you all.
God bless you.

~12th June 1995~

Good evening. I have been aware of many thoughts coming to me since last we met.
Les: Have you? That's good.
Many send their thoughts of confusion, of hopelessness, of despair.
Les: Not from us I hope?
I don't speak generally. But there are individuals who are seeking answers—a craving for their own spiritual unfoldment. Let me say to you all: I hear your cries of help, I hear your search for knowledge, I hear your confusion. Let me say this to you: As I have said before, spiritually you are all on a pathway of unfoldment, but you must go slowly. You cannot achieve the very top, before you step from the bottom. Do you understand me?
(general agreement) **Therefore between those two areas, much in your life will seem confused. I say to you all, accept these many, how you would term, 'backward steps,' because in the long run, you will go forward. Again, I return to your own thoughts and how powerful they are. I will help you all as I have said, but I do not wish you to look upon me as one who can alter your lifestyle. I cannot do this for you.**
Les: No of course not—
I can support you in times of trouble, I can help to uplift you, to guide you, to do much for you. But all of you are indeed in charge of your own lives.
Les: Yes we do accept that we must be.
Try to transmute all of daily negativity into love. In this way you will find your own development growing. Each step becomes lighter. I know for some of you, it seems too heavy a task at times. I want to say to this one, *(Lilian)* **she has gained much in spiritual knowledge in quite a short time, but still she has moments of despair, where life indeed seems heavy.**
Lilian: Yes.
Yes my child, we know. I will say this to you: There are many good times to come in your lifetime here. You will be uplifted in those stormy times, you will feel the love that is around and about you, because you see my dear, you are surrounded by many known and unknown beings, who want you offer you their support.
Lilian: Yes I know I get strength from somewhere sometimes.
You *will* be given the chance of a journey, much further than you would imagine. I say to you child, when this opportunity comes, it will be most beneficial to you, to accept. Please keep these words in your heart and in your mind. There is much to come for you. *(Thank you.)*
I would say to you this time, it has always been my intention that each one within this room, should grow, their gifts of spirit should be expanded. And so for this time, I will quietly withdraw and say to you, please accept what we are trying to do with you. All will be given something, so please open yourselves to those energies. I would say to those who are unsure of themselves, please to speak of what you are given.
(Before the silence began, Les thanked Salumet for bringing the most interesting guest at the last meeting, known as the 'Light Escort.')
I am happy to take your thanks and of course I will bring forth many more. Each stage should be of interest to you. But before I go, I will say just a few words on the state of your Earth at this particular time. There is much that is going on within your world. Much sorrow, much havoc and much worldly confusion, which gives us cause for concern at this particular time. We are aware of troubles in the countries to the east of you. I believe you term it, the continent of Asia. *(Yes—)* **There is trouble brewing,**

but let me reassure you all, that whatever troubles come forth, nothing will destroy what we have come to do.
Les: Good, that's certainly comforting to know. **Always you will have these troubles stirred up in many areas, but let me say to you, there is now more light within your world, than there is darkness.**
Les: Good, that is comforting.
I tell you this in advance of time, so that your minds can be still, be at peace, be at one with love. Now I thank you all for this gathering. I ask that the Creator bless each one of you, for the time you give, for the knowledge you seek, for the love you extend to others and for your very being. Now I leave you quietly, to continue with the other. *(general thanks)*
After a short pause, Eileen began to get clairvoyance: *The name Alistair, a stone animal next to huge gates and a country—(she was given the name 'Thailand.') The gates opened revealing many steps going up. Someone stood at the very top, dressed all in white, wearing a pointed head-dress encrusted with gold. She was allowed to enter, though she couldn't move her feet at first beyond the threshold. There was an incredible feeling of coming home and she wanted to weep. She described it as being like music inside, though it wasn't and Les said she was hearing the energy. The man smiled, welcoming her in. It sounded like it was difficult to describe the beauty of this place. A bird alighted on her shoulder—Eileen began to weep, as she said she had to return, overwhelmed by it all.*
Les then added his own clairvoyant impressions:
I'm being shown an enormous cross. It appeared to be of gold, jewel-encrusted, of the utmost craftsmanship. (voice changes as Les starts channelling) ***Around the base of it are a number of similar crosses. And each one of you here is being given one for your strength and encouragement, for the work you wish to do. Accept this, keep this symbol with you, remember it is always there for you. Use it for strength, use it to give love, use it to protect you from harm and accept that it comes from places far beyond your conception at this time. Your colleague has been given just a glimpse of an anti-room to one of our temples, which is based upon a temple, which existed here, long before your time. And what your colleague has seen, is but a dim reflection of what exists beyond that anti-room. Now can you begin to imagine what beauty there is waiting for you all, when you have travelled the paths you must walk, in order to reach such sublime, such sublime results for your efforts. We give you these crosses of beauty and energy and strength, in the hope that you will in your lifetime here, each and every one, recall this gift and use it in the correct way, for which it is*** **given.** ***May the great sun shine upon you at all times, may the Earth be good to your feet, may the waters cleanse you of your troubles and may the moon above give you peace and serenity in your life. I bid you farewell.***
A bright jovial one followed through Eileen briefly, encouraging us to report on whatever we'd been given. Some of the sitters had been aware of different things, but we'd been reluctant to speak.
Another briefly followed through Sue, bringing another gift for everyone:
—I wish also to give a gift to each here. It is the pure white lily of love. Please to ask each one before they retire to their beds this night, to open their minds, trying to see the white lily. Please hold the image, keep that image close to your hearts and minds. Recall that white lily of love, if ever your thoughts stray into dark places, come back to the white lily. It will bring much joy to all here. Now we will close with a prayer of love:
'Oh most heavenly Spirit,
Let the love shine around and within these special people here.
Let them feel the presence of your love and light, in times of darkness and despair,
And let the light return to their inner selves,
And the Spirit within.
God bless each one here, until we meet again.'
Amen.
(general thanks)

~19th June 1995~

Good evening.
Les: Good evening once more.
How good it is to join with you once more.
Les: It's very nice to hear that, it's certainly very good for us and before you begin tonight I want to thank you for the wonderful experience given to your instrument at our last meeting. It was very beautiful.
Let me say this to you: That *still* she ponders upon this happening.
Les: I'm not surprised.
But now, let us continue the time. I would like to say to our friend, the lady with the knee problem, yes.
Les: Is that you Margaret? Do you have a knee problem?
Let me continue please. It is not known at this particular time, but I would say to her please to think to have some healing, before it shows itself upon your physical being.
Margaret: Thank you.
That is the advantage of having sight a little further ahead. I wish to speak to you too my friend. (Les)
There is news coming for you, news that will cause a little concern, but let me tell you, do not worry on it, I will help. It is nothing tragic you understand, but news which will tend to worry you a little.
Les: Right, thank you very much.
So listen to these words and know that I will be standing behind you.
Les: Thank you very much indeed.
Now one more thing before I leave you. Have you been more aware of the person I spoke of recently, who is trying to make themself known to you? You said you were aware, but I said we would help more in this matter.
Les: Are you speaking to me personally?
I am my friend I am.
Les: Yes I have been more aware.
Good , you should have been, but always I like to hear the affirmative from you.
Les: Yes I understand that, thank you.
You are going to say, 'why do you ask when already you know?' But let me assure you it is good to hear the spoken word. Now let me say, do you wish to ask me questions before I continue.
Les: Any questions for Salumet?
Sara: Yes I have two questions concerning others: A girl called Debbie Stream whom I was working with recently, lost her mother some years ago and wonders if it's possible to have a message, or if you could say whether her mother is happy or whether you could tell her anything about her mother? I think she died suddenly of cancer, and Debbie was unsure about the death, about why it happened so quickly.
Let me say to you, will she be open to speaking with me?
Sara: It's possible, I can ask her.
Would you find it acceptable to allow another within this room?
Les: Yes, for that purpose, or she could come on another evening, to meet another lady, who is doing excellent work in this particular field.
I will leave the decision to you, but in any case, she is needing help.
Sara: Yes I think she feels a sadness about the loss of contact.
Yes there is also a fear within her, there is a fear to be dispelled, so it would be good to have the contact with her.
Sara: OK, I will suggest it.
Les: I'll talk to you about it afterwards Sara.
Can I leave it with you?
Les: Yes please do.
Sara: I have another query from a lady called Gill from London, who is going through a painful divorce. I think she fears for the future and I don't exactly—she doesn't tell me very much about the problem—
Les: Might I butt in here, we are wasting time unfortunately, I'll talk to you about that later on Sara, thank you.

Thank you. I will say just one thing on these matters: I cannot live your lives for you, I believe I have said this many times. I don't wish to seem ungracious, but these earthly problems really must be resolved by each and every one of you. Are you happy with that response?
Sara: Yes thank you, yes.
I would like to say a few words too, to the lady who has come this night, just for this time.
Les: Yes, I will ask her to come forward, 'Doreen?'
There is no need if she can hear me.
Doreen: Yes I can hear you.
You can hear me. You my child, have travelled troubled waters through this lifetime, but let me say to you, that much is behind you. You are now going forward, but you have a concern for the one who is close to you. *(Yes.)* **I do not wish to go into details, but your heart sometimes wishes that there was more involvement.** *(Yes.)* **Yes you know. Let me say a few words to you: You cannot make someone tread the same pathway as you take—each and every one of you, have your own pathways to tread, you understand this I know. So your thought energy patterns are being wasted in this direction. Better to give out thoughts of love and guidance from the Creator of all things. A few simple words and much can be achieved, but only in *his* time.**
Doreen: Right, I shall remember that, thank you very much.
We would like to thank you too, for much good work you have done, in the name of spirit.
Doreen: It's my pleasure.
I wish you could see your light which surrounds you, but you cannot at this present time. But you shine, you shine with goodness and with light.
Doreen: Thank you very much indeed for your advice, it's greatly appreciated.
My heart is full sometimes, with the love you extend to others, but as I have said to that lady, sometimes it is fruitless. You would indeed be better to concentrate your energies where they are most needed, do you understand what I am trying to say to you?
Les: Yes we do.
You cannot cure the ills of this world, send out those thoughts I speak so often of. Send them with love, let them reach out, to be heard. I would like you to speak with this one, there should be communicator.
Les: Thank you very much.
There then followed one through Sue, who talked about writing ancient scripts in halls of learning and how Les would some day work in this area:
Good evening to you—love to each here.
Les: thank you, and we return our love to you.
It is received, thank you. What can I say to you, that may be of some interest?
Les: May I suggest that you tell us of your activities and work, that you currently do in your sphere?
If that is what you wish then I am happy to say a few words. *(Thank you.)* ***Forgive the slow speech, I am somewhat—***
Les: Yes, it will improve as you speak of course. We can never get enough information about life in the other world. It's always of interest to know what you are doing.
*M**y work involves the writing and storing of the ancient scripts. Are you familiar with the term? Have you heard of these scripts before?***
Les: Yes we have. You are concerned with the writing and the storing of the ancient scripts, are you?
Not alone you understand, there is a large body of people who spend much time in this work.
Les: I imagine there would be. And you collect them all for your halls of learning and your libraries, is that right?
In the simplified form yes, that is the easiest way for you to understand it. I do not wish to imply what you are unable to understand, but it is more complicated than you would perhaps understand.
Les: Yes I quite accept that, it's best for us just to have a simple description.
Yes, but when the time comes for you to join our realms, you will see the glory of the writings and I am permitted to tell you Mr. Bone, that you will in no small part, be a piece of that work. Would that interest you?
Les: Yes I would be most interested in that type of work.

It is foreseen that you will join our people for some time. Not yet you understand, we haven't got space for you, so don't worry, your time is not yet.

Les: No, thank you—but I will look forward to it when the time is right. I always have been interested in that type of research work.

It is the most fascinating and endless work. There is never an end to the work and each person that joins our 'band' becomes so engrossed, that you would never comprehend it—

Les: I could well imagine it. And do you deal with the records of other planets in the universe?

That is something I have not been involved in, but that does not mean that it is not done. You are correct in your assumption, that there are records, scripts and the holy writings on the *(whole cosmos?—*voice very faint/recording unclear)

Les: I follow, so yours is a clearing house for many different planets, is that so?

It is a difficult subject, but yes—

Les: And if I could ask for clarification on one point, for all our sakes: What is the actual research you are doing?

Let me explain in simple terms—you understand your spirit is endless? *(I do.)* ***Imagine your spirit as a fine white diamond—you follow a line with your eyes and there is your—branching off from the one—*** *(recording faint/unclear)* ***At some point in the life of the spirit, it needs to be noted down, we need to collate the happenings of each spirit. The branching off of that spirit, the returning to the fold, it is a reference library of the spirit's travels. They sometimes collide and merge together and we collate the work the spirit has done, because it could be of use to spirits to come, I don't know if you can understand?***

Les: Yes I think what you are telling us, is that your work involves the recording of every aspect of every life, every incarnation, of every spirit. Would that summarise it?

Your use of words is greater than mine. Yes, that is very much the case.

Les: I can understand why you say it is an endless task.

Obviously it is the task of many, many people. People come to our learning rooms and our scribing rooms, for a period of time and they may depart for another thing to do, or they may find they wish to return and continue with research. Others take their places, but the work is so fascinating that few leave before their time is over.

Les: And this tremendous volume of work which is involved, is it all hand-written, or are the records compiled by thought? I take it there are tangible records, you are speaking of?

Most definitely, but writing by hand in our realms, is a little different to the pen and paper in yours, do you understand?

Les: Yes, so your thoughts are placed on paper without using pen, or similar instrument?

Not always, it is not possible for me to explain in detail, but at times and for special purposes, it is written with the pen. Let my say that the scripts are also illuminated, do you understand? *(Yes—)*

This is done by certain people who have studied this work and may I say until you see it, you would never appreciate the beauty.

Les: I can well believe you.

These special people spend their time, making our words more beautiful than just words.

Les: Yes, as the monks used to do on this Earth.

Yes, but not—

Les: Not to the same degree of beauty.

I wish you could see them, I know you will in time, but if it was within my power, I would like to light up your room with some of the work, these people do.

Les: That's marvellous. Of course there is so much love put into it isn't there?

Let me say, without love these scripts would not be complete. Without love, what would be the point of doing them in the first place?

Les: There would be no point, they would merely be dry as dust records.

Like the leaf you hold in your hand, it would crumble and die.

Les: But your records are ever-lasting, through eternity.

I find it difficult to explain, but yes. They fill the realms with—

Les: And how do you receive the information about the various incarnations? Are you made aware of it mentally?

Again, I will explain in simple terms, it is not possible for you to understand fully—imagine if you shut your eyes now, if you had the gift, you'd see the pictures before you, yes? It is like a moving image and from that moving image, you are able to transcribe that particular spirit learning.

Les: I see, that does make it clearer for us. And it's not possible for any spirit to withhold any part from that panorama? ***(No.)*** All has to be revealed.

It is revealed, but there is no recrimination, what is transcribed is transcribed in love.

Les: Quite, it is merely a record of what has happened, without any dissecting of the reasons.

That is not our purpose.

Les: No I quite understand, because that purpose and that dissection exists in the spirit itself, does it not, since we are living our own lives.

Have you any other questions please?

Les: I'll ask my colleagues if they have, but I'd first like to thank you for the explanations you have given, it has been extraordinarily interesting to us all.

I apologise that I cannot be a little more explicit.

Les: I quite understand your difficulty, it's not you, it's our lack of intelligence.

No, no, no.

Les: Are there any other questions for our friend here?

George: Would she be able to tell us something about the Halls of learning themselves, the structures, the building.

Les: Yes, well I think you'll find they vary, according to the thoughts of the workers within them—they will expand as necessary.

Let me just say that these buildings, these halls, are not as a physical building would be, but if you went in one of your magnificent buildings, with the stained glass and the light coming through on a Summer's day, reflecting the colours and the patterns on the flooring, you have movement yes? In the sunlight it shimmers and—it is—how can I say, the halls shimmer with colour and light, the walls which are not walls, are filled with the volumes of our work. They are translucent and offer so much to those who wish to learn. More than that, you are unable to grasp at the moment. I apologise for being less explicit, but I have no words to explain.

Les: Well thank you very much for the explanation you have given.

George: Yes thank you.

Les: All right for you George?

George: Yes lovely thank you.

If that is all I will leave you now.

Les: Well we do thank you most sincerely for all you have told us, and I wish it were possible for us to understand more clearly, what you have been trying to explain.

I apologise once more.

Les: No it's not you, it's our lack of ability to understand what is really beyond our comprehension. But you have given us a marvellous insight into your work and I thank you for that.

If you feel you would like to join our realms.

Les: I certainly do.

It is written that you shall.

Les: Thank you very much for that.

Now, I offer you the blessing of my love and hope we meet once more.

Les: I would like that very much.

May I offer you a name?

Les: Yes please.

Like Salumet, I am happy to be called upon, should you wish. My name is Val-taza. And now *(with)* ***my love.***

Les: And our love goes with you and our very grateful thanks. God bless you.

Salumet then returned briefly:

Is the instrument OK?
Les: Yes she's OK thank you very much indeed.
I hope you found it informative.
Les: I think as I've said before, that's an understatement. It's really extraordinarily informative for all of us, am I right? *(general agreement)*
It was an extension of the talk by one who spoke of keeping the books, you remember? *(general agreement)* **Let me tell you, any communicator I bring, cannot offer you the whole picture. So there must be limitations, but let me speak a little: I hear the thoughts, 'Why is it necessary to rewrite what are ancient scripts?' Let me say this to you all: We on our side of life, 'hold' is you like, the blueprint of all that occurs. But what happens when the events take place upon your earthly plane? Because of man's freewill, there has to be changes, can you see?** *(general agreement)* **Therefore when the life is finished, my colleague has told you, all is seen and noted. I hear you say 'Why, why does that happen?' So we come to the talk we had previously, on keeping the books of life. When each soul comes to look within those books of life, they learn, they learn from the history within, as you do when you look in your history books on Earth, to see what has happened previously, can you understand?** *(general agreement)* **So therefore that is why these records are kept, and in seeing the lights to come, amendments and adjustments can therefore take place. I also wish to say just a few words on our halls of learning: My colleague has described them very well to you; what I think perhaps you do not know, or I have not spoken upon, is there are many halls of learning on different, you know I do not like the word 'Spheres,' but I will use it, because you know the word. So each sphere have their own comprehension of a hall of learning, you understand?**
Les: We do yes, that comprehension obviously must vary.
It varies greatly, so even with communicators, you will find varying descriptions. It is not that either or is wrong, it is their comprehension of it.
Les: And their comprehension is passed onto us from *their* degree of spiritual development.
Again we come to *their* awareness, *their* growth, their awareness, their sight of what is about and around them. So when you have descriptions which seem to contradict one another, do not be judgemental. I know this is a difficult fact for you to take aboard, but it is truth.
Les: Yes, it clears up a lot of queries about apparent contradictions one finds in writings on this Earth.
There are many, and you will find such a scale of different viewpoints, of different writings, as I say we hold the blueprint, the absolute truth. *(Yes.)* **And then you can see the difference when you come to our side of life. It is something which staggers many, because they feel that what they learn upon your Earth plane, must be absolute. Let me tell you, no it is not. there are so many misconceptions in your lives.**
I want to say a few words before I leave you. Next time, I will bring to you someone who was promised to you sometime ago, who wishes to speak to you upon the colours, you remember? Les: I do.
Well, that is who will come.
Les: We shall certainly look forward to that.
May I ask one thing of you?
Les: Please.
I will not speak to you next time, but I ask that a little quiet talk before the speech begins. I do not say who will be used, but you will know. I know I can tell you, you will enjoy/be impressed by what is said. You will learn much about the colours and you may find that it does not 'tally' is that the correct word? *(Yes.)* **With what is already written here now. There is so much said, so much written, but now you will hear it from someone who has much knowledge.** *(general thanks.)*
May the love, the light, the healing of the Creator go with you all.
Les: And may you receive his blessing also, for what you do for us. *(general agreement)*

~26th June 1995~

*This week Salumet arranged a guest to speak on the subject of '***COLOUR***'.*

I have been asked to join you to speak about colour.
Les: That is so. Our mutual friend Salumet said that you would be speaking to us at this meeting about colour.
I am not the one you would have expected, but I have been asked to join you, because this time I blend best with you all.
Les: Thank you very much indeed for taking the trouble to do so.
Thank you—then let me continue with the work I have come to do. I have been told that you have been given some information on colour already.
Les: Just very brief information.
Let me tell you this area is indeed a great one. I will try to enlighten you all a little more.
Let us begin with what is colour as you would define it. Let me tell you colour is no more than the interaction of light with darkness. It is indeed an energy. This you are aware of I know. Les: Yes we are.
Yes, you speak much on your Earth plane of colours as if they were solidified items, which they are not. They are not static, how can energy be so? It is ever-moving, ever-changing. So, let us begin with the information I believe all of you could acknowledge. You speak of 'chakras,' you speak of 'auras,' all within this colour range, from the densest vibration of red to the very purest of light. Let me say this to you please:
I hear so often people speak on your colours. 'What are these so-called 'chakras,' within you?' You all I feel, know that they are energy points within your human form.
Les: Yes that's all we do understand of them.
I believe you have been informed that there are many, many within your body. Perhaps I can tell you that these main chakra points that you speak of, let us make an analogy if we may. They would be in the universe, in a galaxy, they would be the main planets, while all the other points of energy and colour, would be the smaller stars. For instance in the galaxy of the Milky Way, shall we say. Can you understand? Les: Yes that's a very good analogy—
So when you have people who make 'readings,' I believe you call them, of the colours of your aura, who predict the state of being of bodies, they are being a little inaccurate. Because you see, there are so many influences, which create colour. Let us take one colour, which is familiar to you, the colour of red, which you all know to be a baser colour, one of the denser energies. These colours within you, are influenced by many factors. Not only the state of your health, your emotions, your circumstances, your surroundings, but also what you take in from the cosmos—this is the part little understood by most. So let us continue. When you wake as beings in the morning, subconsciously you know what colour you are. Instinctively you know which colour within your being, is the most forthright. And let me say, your auras extend one colour more strongly than the others, each and every day of your lives. When people read your auras, your colours, they are mistaken in their understanding of the colours meaning one thing or another. Can you see?
Les: Yes I do understand that. I've always suspected they're inaccurate, because am I right in believing as I do, that the aura is constantly changing in the density of it's colours?
Yes, it cannot be static, it is ever-changing. It changes from minute to minute.
Les: So even as they are reading—
It is changing. And what they fail to understand, is the interaction between their own aura and the person who sits in front of them. You must understand, you can be influenced by a person in front, a person behind you. In fact, each and every one of you now, is being changed to a degree, by every other single person within the room.
Les: That we understand too.
You understand—good.
Les: That is the reason I believe, for us physically feeling repulsed by some people and not understanding why. I've always said it's because the two auras are incompatible and they are figuratively turning away from each other—they cannot combine.
It is—You cannot combine—it would depend I think on the awareness of the person; this very much comes into play. The baser the less knowledge a person has, the denser their colours. Let me say to you, each colour has such a range of degree of different hues and densities. Shall we take the colour blue? If

you take the blue spectrum, there are dozens, dozens, dozens of different hues and colours, within that one basic colour. So you see, the readers of your colours upon the Earth, cannot have it right. They are not accurate in their descriptions.

Les: So one can only say that an aura is just a very, very general indication of a person.

Of course. I do not say this is wrong. Any development in knowledge can only be good, of course it must be. But it depends. Let me tell you also a little bit about colours may I, and how you accept colour within your lives. You SEE colour, but do any of you FEEL colour?

Les: We wouldn't use that expression—Has anybody ever been aware consciously of actually feeling colour?

George: Well I would say I've tried to sense colour sometimes, in connection with other people's auras, which I cannot actually see as colour. There's a certain degree of sensing I feel.

Sara: Yes I do too.

Let me tell you something of interest I feel you would like. When people look at auras, what they should do, they should be FEELING the colour. That is much more accurate.

Les: So it would be a spiritual awareness of the values of the colour.

It is the feel. Colour gives off energy, which can be felt. You should be able you know, to place colours under your feet and feel the differences. All of you should be able to do this. I can tell you that some of your ancient civilisations were aware of these facts and in fact I believe one of the Egyptian civilisations, your ancient civilisations, built temples upon these known facts.

Les: That's certainly interesting. Would you know which civilisation that was?

There was one known as Biroxiya (Byrocksyna?)***An ancient civilisation of Egypt, very well 'informed,' shall I say, of colour. It is why people like all Red Indians, were so much more spiritually aware, not so much like the Egyptian culture, but because they lived by nature. That is why they could feel the energies of the Earth, the green, the blue of the sky, the yellow of the Sun. They were truly aware of colour.***

Les: That's certainly very interesting. Something I never knew and I don't think anybody else here will have done—not the reason for painting themselves—

It is why so many of you feel so much better when you go by the blueness of your seas, the blueness of the sky, the green of the Earth. You are subconsciously seeking the colours that you most need.

Les: We have been told on a previous occasion by Salumet I think, that we are not aware of the fact that our spiritual inclination dominates the physical selection of the colour of our clothing.

You will instinctively go or communicate with people who have the colour of which you seek. Let me give you an example. If you are lacking in the blue, which is—how will I say to you, it is described to you as the 'forehead chakra,' can I say, (often described in books as indigo) ***which means that it is the mind, it is the thinking, there is a lack of the blue colour. So you will seek out the colour blue. Subconsciously you probably will not be aware of it, unless your awareness is raised to the degree of understanding. It is why, when people of base natures, crave for the lighter energies, they will always seek out that which they most need, without any understanding of it.***

Les: I follow. So they are not physically aware of the reasons.

They are not physically aware. There are very few people who tread your Earth now, who fully understand the meaning of colour.

Les: I can quite believe you on that.

You are always drawing from the cosmos. You take light from the Sun, you take energy from the moon, all of which have their own colours. Let me tell you the more spiritually aware you are, then the lighter colours you will seek, either in what you wear, in your surroundings, or within your own meditation. Let me say to you, there is no reason why all of you, consciously, consciously, should not be able to heal and balance yourself with colour.

Les: That's certainly a most interesting thing for us to begin to develop in ourselves.

I will tell you a little of my work within the spirit realms, may I?

Les: Please do.

I work within areas of colour, where we take those who are spiritually unwell. The colours within these rooms, these temples I prefer to call them, change each moment. As a person enters, then the whole

vibration and colour changes. My task is to keep the balance, to change those ever-changing colours, to be balanced and to be loving and to be useful for the work in hand. Can you understand me?

Les: Yes, so am I right in saying that the colours, the energy within those colours, are aware of the requirements of the people who enter the temple?

Yes, you would be correct. The higher the vibration, the colour, the more translucent it becomes. The more translucent it becomes, the more aware it becomes of other energies.

Les: I see, so it needs no assistance to determine what is required by that person, who is spiritually in need of attention?

That is it. This is a very little-known fact amongst you.

Les: I certainly didn't know that.

We speak of great things, when we speak of energy, especially energy where colour is almost translucent, because you see, we are beginning to reach, to search, to seek for that very highest realm.

Les: So in our own language, the only way we could express this to each other, would be to say it would seem, and I emphasise '*seem*,' that energy has the power of thought and distinction?

Thought is energy. Thought is positive energy. That is why I have to say to you, many of you become ill. Negative thoughts, which is the darker denser colours, as I have said, will only attract more negative thoughts, which in turn, creates more denser, denser colour. So you would then need to seek out the lighter colours, the lighter energies, to transmute that. You understand?

Les: Yes and I think it was Salumet who suggested we could benefit ourselves, by spending a short time, each of our days, in a blue light.

Blue is very good. Indigo is the colour they give you for the forehead, the top of the head. So, it is a higher colour. That is why he would have suggested to you, to bathe yourselves within. But I would say to you, think too of PURE WHITE LIGHT. If you are thinking from the top of your being, you must go for the higher colours. You see, let me say to you, all the colours within your being, can interact with each other and have an effect upon each part of your body.

Les: I see, so by thinking of the pure white light, we are in effect attracting all the colours, which can be of benefit to us.

Within the PURE WHITE LIGHT, is all the spectrum of the colours.

Les: So you would advise I suspect then, that when we meditate, we should concentrate on a pure white light.

Yes, but more than that, you must see yourself as the focus of all energy. Do not focus only on those you know as chakras, because I tell you, you are one mass of energy. You understand?

Les: Yes I do. I have never accepted the need to develop in the knowledge of those (chakras). In any case, it all seemed unnecessary, because our very existence is composed of so many variants, that we can't possibly understand them all.

Of course. Would you like to question me on anything I have said?

Les: I expect there will be questions? (Les went round the group, giving everyone the opportunity to put a question to our guest)

Lilian: Would it account for people in this earthly life, wearing black at funerals, because they're feeling black?

Let me say to you, you will wear black, because the thoughts you are extending are negative ones. I know you feel they are usually thoughts of love and thinking and feeling, but indeed they are negative thoughts.

Lilian: That was one instance, if we go to weddings, the colours again are gay.

Because of the happiness, the positive thinking, the positive thought and it will attract all those positive energies around you.

Les: That's why the Chinese wear white at funerals. They are aware of the difference.

Can I speak a little on the colour of black? I would assume most of you think black is the most negative of colours. In fact I would say to you grey is the colour to avoid if possible.

Les: Grey?

Yes, because it is neither black nor white, it is in an area of confusion. So you see, it would be better to wear black, because grey is a colour of depression, confusion and so many other things.

Les: That's certainly worth knowing, thank you.

I say to you all, wear the colour that comes naturally to you, because it means you are lacking in that. You need these colours, all of them, the base colours, the lighter colours, to keep that balance within your bodies. There is nothing wrong with wearing black , grey, brown, whatever, if it is needed to balance you. Can you understand this? *(general agreement)* ***When I speak of the baser colours, I don't wish to impose upon you, that these colours are wrong. What you must seek for, is the balance within your physical beings.***

Debbie: I find it interesting that my house is decorated in blues, yellows and greens, all natural shades.

Let me speak upon yellow, the greens and the blues. The yellow denotes activity. You have an active mind, do you not? *(Yes.)* ***That is why you are attracted to yellow. It is the balance you need. The green is the love of the heart. Any depletion in any of these colour areas, need to be rectified. So you need the combination of all these three colours. It is the need within you, you see.*** *(Thank you.)*

George: It occurs to me, we have a saying where people are concerned, that opposites attract. Perhaps this would relate well to aura colour?

It relates not to the colour, but to the emotions. Does that help? It seems rather a curt reply, but it really is not connected with the colours. It is another need that has to be fulfilled. *(Thank you.)*

Margaret: Well I'm wearing black, but I haven't been to a funeral today, so I must be feeling sad, but I'm not—(smiling) The other thing is, I've recently had my kitchen done in white and blue and I find I'm so happy in there, I could work in there all day.

Exactly, well you have chosen the colours that are needed for yourself. And this is what you must all try to do. To keep yourselves balanced, you must be aware of the colours that are needed within you to keep balanced. But I will say to you all, to be perfectly balanced whilst upon this Earth plane is indeed a difficult task. (chuckles + agreement!) ***All—because you see, if you were all so well balanced, your lives would continue, continue. There would be no illness, no depressions, no broken hearts. Can you see? It is difficult while you are here and unaware of what you have within your grasps.***

Sara: So what you're saying is we are meant to have these experiences anyway. They're part of life.

Part of life is to go towards the Light. That is what all of you, whether you know of it or not, you are striving for awareness, for greater love, for knowledge. That is what your life is about.

Sara: I like lilac and pink very much and white and blue.

Pink is the colour of childhood. It is another colour, where there are so many misconceptions. We hear so often people say it is the colour of friendship, of loving people. Let me tell you pink belongs to childhood days, of happiness, of freedom, of unconditional love. So if you are partial to the pink colour, you seek still somewhere the need for that childhood love, that probably long has gone.

Sara: Ah—(giggles)

You understand?

Sara: Yes I do. The lilac, is that—

The lilac is a much-loved colour, depending on the shades, as I have said. When you say 'lilac,' do you mean the lighter, the darker, somewhere between?

Sara: The lighter.

Well that is the colour going towards your spirituality, your growth, your awareness.

Sara: Would you say it is good for me to use these two colours? I like them very much.

You must use the colours that you feel are good for you. I cannot tell you what you need. I could, but the awareness should come from you. You see?

Sara: Yes I understand. Thank you.

Sometimes you are out of balance in the forehead area. You tend to suffer from colds, from headaches, do you not?

Sara: Colds, yes.

Yes, yes. You need to balance yourself more. That energy is depleted too often. I suggest you use your blue range of colours more to help yourself. *(Thank you.)*

Mark: Can you tell me if the photographs taken of auras, are accurate representations of the colour taken at that time?

It would depend how far the person is from the one who is being photographed. I have said, people standing close have interactions on your aura, so unless you have very high awareness, and know how to feel, rather than see auras, then there are inaccuracies.

Mark: So there isn't very much, I mean you couldn't say for example, say this is a dense colour in a photograph, and say this is actually a dense—

It would be better to be with someone of awareness, who can see and fully understands the nature of the colours and sees them for what they are—not this static colour range, but that so many things can change. And you are changing every minute. As each of you sits in this room, all of your colours are changing. Your thoughts each moment are changing, are having that interaction with your auras and within your bodies. Can you understand, am I making sense to you?

(enthusiastic agreement)

Les: There are 8 of us here. How do you see us, as human bodies, or as colours?

Oh my friend, no! (gently amused) ***I do not see you as human bodies. I am seeing you by your lights and let me tell you, that is why I was chosen to come, because the blend of your colours suited what I was going to say to you. We have the awareness of how the words I would say to you, would have an effect upon you. No I do not see you as bodies. And let me say whilst we sit here, I thank you for the colours you are exuding out to me, because I feel the green colour strongly from all of you, the love within your hearts. And to me, this is so good to see. Does that help you?***

(emphatic agreement)

Les: I thought you must see us as colours.

Yes always. That is why as you asked earlier, that is why you tend to back away from other people, if their colours are negative and yours are positive, then there is a clash and you cannot go too closely together.

Les: Well I'm very pleased that you do feel our love for you.

I hope I have made myself clear to you. I hope the voice has been clear. It has been wonderful for me to return to speak to you all. I cannot tell you how deeply honoured—it has caused me great joy, great joy. I cannot express it more than that. And I will say to you all, if one day I am allowed to come back to you, I hope I can bring you more information. It is indeed a vast topic and one as I have said, so misinterpreted within your world.

Les: You have certainly clarified a tremendous amount for us tonight. There has been a great deal of misconception about colours, but I personally have not had the knowledge to correct a lot of those misconceptions. But you have done it for me. **(*Good.*)** And we do appreciate you having been here.

I hope I have given you all something to think upon and I will leave you now. I don't know if your evening is ended, but may I say to you, may the colours you draw from the cosmos, be those of light and love.

(general thanks)

Les: And your voice has been recorded and everything you've said will be sent to other people, to give them comfort and knowledge.

If it brings comfort and knowledge, then indeed my task has been worthwhile.

(general thanks)

There then followed an amusing one also through Eileen, (Timothy) briefly reminiscing and helping to clear the energies, after the serious work.

~3rd July 1995~

Good evening.

Les: Good evening.

My heart is glad to feel the love and peace from all of you this time.

Les: I think tonight has something special about it somehow; much more peaceful.

I am pleased that you feel it. I will speak to you for a short time this evening, before we go on with other things. But first I wish to say a little to you all.
I hear from you many times, *'Will I be happy—will my wishes be fulfilled?'* So many questions. I want to say to you all, you do find it difficult to go within for those answers. I can tell you ALL, but I don't want to do this.
Les: No, I understand that.
I would like you all to find your inner peace, your inner knowledge, that innate sense of love and Divine knowledge, which is within each and every one of you. So when you send your thoughts to me, may I ask you please, to consider that thing that you are asking for, because if only you would develop that inner awareness, then all answers will come to you.
Some of you do find this difficult to accept, but I have to say, be a little more patient. I cannot promise you that your lives will travel smooth pathways; that is not why you are here. So when you come to these obstacles, stop and thank your Creator. Does this make sense to you?
Les: Does it make sense to everybody? *(general agreement)* Any questions you would like to ask, before Salumet goes on further? All quite happy with what has been explained so far? *(general agreement)* Right, thank you.
I smile a little, because so often these ones leave this room and so many questions come to them—but let me continue please. Do you wish to ask me anything?
Les: Yes, first I would like to thank you for your colleague's appearance here last week. It was a delightful evening and most instructive and informative.
There is much that can be given to you and of course one visit is obviously not enough, but we have much time to develop these discussions.
Les: Good. And the other thing I would like to ask, I believe I'm right in saying, at the end of most sessions now, we have a communicator who's quite light-hearted and often causes us a lot of laughter. That is I believe to clear away any heavier influences that might be left?
It is mainly for the instrument's sake that this is done, because although I am not fully in control yet and I do say 'yet,' she needs to be protected because she is taken some considerable way from her physical being, you understand?
Les: Yes I do. I thought this was the reason for the appearance of the light-hearted people and we much enjoy their being here too.
It is for you all to laugh. You know you beings do not laugh enough. So many times you are laden with everyday worries, which most of the time, is unnecessary fear. But that is part of your development and must be endured.
Les: Yes, you have explained that to us in the past. I think we now all accept it, even if we don't understand it.
I will say again:
***Thought* is the most powerful thing—your fears are the most destructive.**
Now, I will answer any questions, after which I will leave you to continue with work to be done with others, you understand?
Les: Yes I do. Thank you.
So, are there questions please?
Les: Anybody like to question?
George: I did have one question: We have talked already about flower energies, and this is a delightful area. I'd like to ask a question about the Bach Flower Remedies: Dr Bach describes one method of preparation which involves collecting flowers, floating them in a bowl of water in sunlight, and the energy of the flower is said to transfer to the water, and then the water is used as the remedy for helping people with fears and anxieties. ***(Yes.)*** Are you able to confirm that the energy will transfer in that way?
Yes, let me say this to you: You have been told of the energies which each and every one of you take from the Sun, through your auras, you remember?
Les: Yes we do, that was confirmed again last week.
In a similar way the flower is attracting the rays from the Sun, the energies, so you see, it is energised, so too is the water, that is how it works. Everything, you humans, flowers, animals, your Earth, all are

surrounded by these energies. I will say of this Dr. Bach, he was a man of much awareness. He struggled in his lifetime to produce these remedies and although many people scoffed at his ideas, in actual fact, he was unaware of the true energies he was involved with. But nevertheless, they were successful, for the very reasons I have stated. Is that acceptable to you?
George: Yes that's most helpful, thank you very much.
The flower whatever, whether it be in the ground, or placed in water, is reaching out for the living energies surrounding it, as you humans also are, even those you are as yet unaware of, yes?
George: Yes Lovely, thank you very much.
Les: So there would be many ways in which the flowers could be used, directly without being floated on water, I would think?
It is natures way—his method was 'his' method
and of course there would be other ways. But his awareness instructed him in this direction.
Les: I understand. Thank you, any other questions for Salumet? Paul? *(This was another Paul who was a guest this evening.)*
Paul: It's not actually a question, but I've found recently, that when I'm in the presence of an elderly person, I can almost feel the youth in that person, I can almost scan them and see them as a younger person and equally with a young baby I can almost imagine them older. Is this particularly strange? It could be my imagination.
It—no, no my son, it is not imagination, you have the gift of SIGHT, let me say this to you. What is happening, is an inner knowledge again, something you are not fully understanding, but let me explain a little further. Each individual, whether a young child or an older being, have energy patterns, which remain within your atmosphere, in your ether, you follow? What you are doing my son, is tuning into these energies, past and present, you understand me?
Paul: Yes I'm very happy with that, thank you very much.
This is something you could develop upon.
Paul: Thank you, I'm very pleased.
Les: Thank you. Any other question for Salumet before we go onto the other work? *(pause/silence)* Right well thank you very much Salumet, once more. We are in your dept.
No, no my friend, please—you are not. I am honoured and happy to join you each time.
May the blessing of your Creator fill you with love, with peace, with all that you need to sustain you. May you go on your way this time, showing that knowledge and that love to all that you meet in your daily lives.
Now I will say this to you before I leave: Tonight we are trying to do new work. Please give us silence and let us see what can be done. You will have the knowing of who to approach.
Les: Thank you. God bless you and our love goes with you once more.
A few minutes passed, and then a control came through Sue:
Les: Good evening to you.
I great you all. May the love that I feel, you feel in return from our side. *(short pause while Les adjusted microphone)—**I know of your equipment, which of course is unnecessary in our world, but without sounding offensive, your life has much to learn now.***
Les: Yes we unfortunately are still in a state of primitive requirements.
Yes, but regardless of that, much good work comes from such equipment, yes.
Les: Yes it does, many people are able to hear your voices and are pleased to be able to do so.
Now, we wish each one here that is able, in turn, to leave their chairs and stand in the centre of your room, for a few seconds. In the centre we are attempting to send energy force for each one, energy force to uplift the spirit of each and to offer enlightenment and healing, where necessary. Do you understand?
Les: We do and we thank you for it. You would like everyone to stand now, just for a few minutes?
Just for a few seconds, perhaps they will silently count slowly to ten.
Les: Thank you, we will do that now. ***(Thank you.)***
Les: Would everybody like to stand please.
Please, one at a time, in the centre of the room.
Les: Right, start with you Jo. Just count ten slowly and then go back.

Les: Next: Debbie—Paul—Margaret etc.
And yourself please. *(Les)* ***You may wonder why it was done so quickly, but please remember that 10 seconds in your world is not the same as the energy we sent from ours.***
Les: We understand that thank you. It was highly concentrated coming from you and we know too that we would not be able to accept too much of it at one time.
Now, I leave. Please ask each one whether there was any change during the giving of energies.
Les: Yes I will do that before you leave. Jo did you experience any change?
Jo: No I didn't.
Les: Debbie:
Debbie: No not really.
Paul *(Guest):* I felt that as I closed my eyes it was darkness, but as I was standing there, there was an illuminated feeling, as though I was being sprinkled with light.
Les: Thank you. Margaret
Margaret: I felt a lot of energy, felt quite dizzy when I sat down.
Paul: Just a sort of upliftment.
George: I felt a warmth. I think 'bathing' is a good description.
Mark: I felt a lightness and when I sat down I almost lost my balance.
Les: Thank you. Dawn?
Dawn: No I didn't.
Lilian: Energy, which I'm still feeling.
Les: Thank you—I felt a great peace.
Those who say they experienced nothing, let me assure them that the energy is within and in their own time, they too will experience the feelings inside. Some require the concentration in their spirit body, over a longer period of time, do you understand? *(Yes—)* ***We are pleased we could bring such power to this room and will endeavour each time you meet here to do similar work, not necessarily from the centre of the room, but if the power permits, it will be directed to each sitter in turn.***
Les: That's wonderful.
Please imagine the rays of the sun coming down from the top of your room and each ray laying on the head of each of your sitters.
Les: Yes we will do that.
Please if any one of you has the vision to see the rays, no matter how briefly, please to say so. We do appreciate knowing when our work is visible to you. Now, I send you God's blessing and the love and the light of the spirit within you all. God bless and keep you.
Les: God bless you and thank you to all your colleagues, who work so much for us.

~10th July 1995~

No Salumet this time, as Eileen was away. The first communicator came through Sue, who suggested we spend time developing clairvoyance. After a time, a communicator came through Les, taking us on a meditative walk through a spirit realm garden—audio version freely available:
http://www.salumetandfriends.org/resources/1995_07_10+Les-Med+journey+though+spirit+garden.mp3
I invite you all if you wish, to join me now for a walk through one of our gardens. Would you care to follow me? Please beware that you'll be barefooted. For this walk, you will not need shoes, or other coverings for your feet. That would destroy in part, your enjoyment of the walk. Please take off all footwear and leave at the gate. Are you ready now? Now you see a pair of gates, which are apparently golden, but are so-coloured only because this would be expected in conformity with the beauty, which they separate from the normal vista outside. Now we go through the open gates and you will see that the path upon which we now walk, is what you would call grass, but is no way similar to the grass of which you are aware upon your Earth. Feel the grass with your feet. This is the reason for discarding your footwear. You should feel the energy coming through the Earth and the grass as you walk and you should also become aware that as you walk, your bodies are becoming lighter and lighter and that it

requires no effort from your muscles, to transport yourself along this path. Are you beginning to feel that? Do not worry if you cannot feel it exactly as I have described. It may be more apparent to you as we progress. We have only just started this walk. Now we come to an archway in the hedge and the hedge as you would see, is not green as upon your Earth, but is multicoloured, in all shades that you can imagine and those colours change as you approach. The hedge is a living thing and the doorway is reacting to your own auras as you approach. As you enter through the archway into the garden of roses, you will feel a warmth descending on you, which disappears again, as you go through the archway. Are you able to feel that warmth? Do not be concerned if you do not. Remember you are taking a physical body through a spiritual garden, therefore you may not feel all that we would wish you to feel. But it should be registered in your mind, so that later you can retrace your steps, if you wish. And now let us go through the garden of roses. Imagine every rose, which you have seen in the course of your lifetime, all spread before you, in a sea of colour, blossoming as you have never seen flowers blossom. And the perfume, which arises from them all, is individual to each bush, but is an amalgam such as you have never experienced here. Try to inhale that marvellous mixture of perfume. It will cleanse your lungs, it will cleanse your spirit, and give you energy for the continuation of the walk. Look around you at the roses, enjoy the scent they give you. Then I will take you through the aisle, which you would call a passage. Look down at the path beneath your feet now. What do you see? Golden sand of a texture so fine that you could not imagine it. And yet it does not swirl up in dust clouds as such a texture would upon the Earth. That path is energy, energy, energy, which can be transformed, transposed through your feet, into your very being. That is why it is so fine, so that it can be taken into your very body, through the soles of your feet. You should now be able to begin to feel a surging of energy up through your feet. Now come with me through the walk through the roses on either side of you, and see how they turn towards you, as your thoughts turn to them. They are aware of your appreciation of their beauty, of their colour, of their perfume. And as they collect your thoughts, so they in turn glow and radiate back to you, their love, their happiness at being able to give you the beauty, which they have to offer. This will continue throughout this path. Let us walk slowly and enjoy every moment of these roses, giving more life than you have ever seen in flowers. And now feel the stems as you pass. There are no thorns, there's nothing to prevent your fingers touching the wood and again, feeling the energy coming from these blooms. Now let us continue through yet another archway, this time, with many hues of green. Imagine your country and the many shades of green, which appear to you in the Spring. All those shades of green are encompassed in this one archway. And we go through there now, to the sound of falling water. Not falling water as you know it, but water singing the praise of the Creator, singing it's happiness to give you the love, the colour, the sound, the music, which that water is emitting constantly. And now, a surprise my friends, we shall walk through that waterfall, not behind it, not around it, through it. Come with me, step into the stream of water, which falls from above and walk through, through, through, not water, but a field of energy, which to you appears as water. Feel the energy surrounding you, permeating your bodies, blessing you, giving you happiness, giving you peace. And now through the water and there is no rock formation behind, as you would expect upon your planet, but a vista of green fields, such as you have never seen. Those fields are amassed with what you would call 'wild' flowers, of every conceivable shape, hue, size, colour, perfume. Again, as you would describe upon this Earth, as a flowering meadow, but all those blooms, every blossom, is an individual point of energy. Again you see the reason for discarding your footwear. Let us walk through these plants. Do not worry you will not crush them. You will tread them down momentarily, but they will spring up, renewed as you pass. So have no fear of destroying any of them. And now in such a field upon your Earth, would you not expect to find, the nests of some types of your birds, who seek to live upon your Earth, amongst the flowers and your vegetation. Look carefully and you should see some such amongst the flowers, wherein you now walk. Do not be afraid of stepping on any nest. Your feet will be guided around such nests. And note too that the parent birds do not fly in fear. They watch you, but they remain with their nests and their fledglings. See if you can recognise any birds, such as are upon this Earth. Now we will continue into the forest, which you see ahead— again, not a forest that you would recognise as such—many types of trees, many colours, many heights, some large some small, but none being denied access to light and air. All growing vigorously, as is intended for them, all in harmony. Each one's colour blending with its

neighbour. Now listen to the wind through the branches. Once more I say, not as you would hear it upon this Earth, but a wind, which sings with joy, as it caresses the branches, as it stokes the leaves with it's breath, as it gives to those leaves the energy drawn from it's cosmic birth. And in return is given energy from the soil, as you would call it that, in which the trees stand. When energy is given another energy is taken, so life continues. It is given, it is taken, it is taken, it is given and the cycle is never ending, never ending. Listen to the laughter in that wind or breeze. Listen to it singing to you in welcome. And as we go into this forest, though there are so many trees, you will become aware that nevertheless, there is no darkness, as you would expect. All is light, in spite of the thickness of the forest, in spite of the number of the trees. There is no shadow, no darkness, all is light, light. Look up above your heads and see what you would call a sunlight shining through, not between the leaves, but through the leaves. That is why there is no darkness—all is light, light, light. And listen to the many little animals that live within this forest; none fearing, all happy, all contented with their place in the scheme of life. No death can come to them, as on this Earth. No fear can mark them. Listen to them. Now let us continue. We come out of the forest, into a sandy plane. So far as you can see, there is apparently nothing growing, no living thing. Again listen, listen to the music that rises from that sand. Trilling, whistling, whispering, but all in harmony, all in harmony. And though it would appear that such land would be excessively hot, you do not feel it so under your feet. It is cool, pleasant, welcoming. Such is life within our sphere, always welcoming, always giving, always pleasant. Only your own thoughts can destroy what is there for you to enjoy. And now we come to a large lake. You may have seen it shimmering in the sunlight. It is not blue, it is not green, it is a combination of all those shades of blue, all those shades of green, which you can imagine. And now another surprise for you my friends, we are going to walk across that water, not in it, but on it. Do not have fear. Follow me onto the water which will support you, unless you wish to be immersed in it, then you may do so. But no doubt it will be more exhilarating for you, to be able to walk upon the surface. Do you feel the energy, the warmth of the energy rising from this water? As I have said many times, all is energy, energy, energy. And now, let us come to the far bank. And as we ascend from the water's edge, onto the field beyond, we go through many, many rushes, tall waving, with no scent of decay, again as upon this Earth. There is no rotting of those unwanted. They are removed without the unpleasantness you experience here. As you go through, take some of those rushes in your hand. Feel the warmth, feel again the energy through your hand, into your arm, into your body. The purpose of this walk, was in the hope that you might, at each time I have spoken of it, feel the various energies, which exist and from which you cannot ever escape. And now turn to this path on your left, apparently a long way away, but in reality quite near. I city of translucent buildings, gleaming, shining and again, welcoming. This is a city where all learning, all knowledge is gathered, for particular purposes. There are many such, <u>many such</u>, which in the gathering of their particular knowledge, feed other larger cities, where that knowledge is stored. But alas I cannot take you into these buildings at this time. Let us walk passed them. Feel the radiations from the walls as we pass—again energy; energy in colour, in light, in warmth, in welcome. And now my friends, we return to the gates. I will not tell you how, but you have encompassed a large area of land, without realising the last part of the journey was by thought, back to the entry. Here I leave you. I trust that my descriptions, my explanations, have been of help to you and have been of assistance, in enabling you to imagine, even if you did not experience the wealth of wonderment that awaits you, when you join us from your Earth. I leave you now, hopefully to discuss your feelings with each other—to share each others' experiences. And with my blessing I say goodbye to you all.

(general thanks and farewells)

God bless you, thank you for your company.

There were further brief communications through Sue and Jo, giving feedback on the evening and perhaps helping to bring some of the sitters back.

~17th July 1995~

Good evening my friends.

(warm welcomes)

It is always good to join you here.

Les: We are pleased to hear that.
Let us thank that Divine Creator, for this gathering here. Let me speak please this time, on something that you all wonder upon.
Les: Yes please, we look forward to that.
So often I hear, 'What is the meaning of our lives here? What are we meant to do? Why are we here upon this earthly plane?' I have spoken briefly before and told you all, why you are here is *LOVE.* But too often I hear doubts, as to your abilities. You wonder if you should be involved in this *Spiritualism*, as you call it. It is one name for many ways of living. I would say to you all these few words my friends:
***'Service'* is the reason for your being here.**
I hear you now say, 'Tell me what is service?' I feel you are a little confused upon this matter.
Les: I think I could ask for everybody, I believe we *all* are confused to a certain extent, from what we have been told previously, that we *choose* our lives when we come back. And I and I think my friends here will also have wondered, why we should choose an existence on this Earth, which often is full of pain suffering and misery. You would say no doubt, that it helps with our development, but to me the two don't always seem to coincide.
In what way my friend?
Les: Because, what is the reason for us deciding to choose a life which is uncomfortable, unhappy perhaps, and in the main full of disappointments and misery? Are we always responsible for choosing that sort of life?
Let me speak a little, let me deviate a little from what I was saying. *(Thank you.)*
Of course in your physical way of thinking, you would not accept discomfort, pain, unhappiness, whatever. Let me say, that is your *physical* brain thinking. When it comes to the *spiritual* aspect of yourself, it sees the *much greater picture.* So suffering, pain, discomfort, is not seen as anything to be pushed to one side, but it is seen as a way of your soul's *growth.* So although these aspects of your living are painful, you have to see the beauty within the soul. I know this is difficult for you to understand fully, because no one on your Earth plane wants to suffer, but your Higher Self, your *Higher Self* knows that sometimes this is necessary. Can you see?
Les: Yes, we have to try and think more of our spiritual selves, rather than the physical self, I think this is what you are saying to us.
You have to raise that part of yourselves, to find a fuller explanation. You are not one unit my friends, I have explained this to you before. Try to see yourselves on a much wider scale. Think not only of this one lifetime, you see?
Les: Yes, I follow you. Of course, being physical, we do tend to look only at that particular part of our existence, forgetting the many facets of life, which we have had and will have.
When you return *HOME*, you can on 'hindsight,' you say, see for yourself what has been achieved through many sufferings. Do not look upon unhappiness, suffering, disappointments, as something to be sad about. That higher being knows so much more. It is difficult I know, but please accept my words as being TRUTH.
Les: We will of course, we wouldn't dream of querying it, but it answers the question which has been in my mind and I'm sure has been in my colleagues' minds also, the difficulty in understanding why we should voluntarily submit ourselves to a life of unpleasantness.
Let me say also, I have been speaking about service. Can you not see that by some suffering, you have given someone else the opportunity to serve? *(Yes—)* **You must not look upon it as an isolated thing.**
Les: No, I was talking to someone only this morning, about a similarity there. They were saying that people wish to give as well as receive—it gives them happiness to be able to give.
Yes, you must look so much further than just the one person. You are not single units. When you come to this life, you have chosen that pathway that is best for your growth. It may include suffering, it may not, it depends on what you have returned for.
Les: So when we choose our lifetime on this Earth, it is our spiritual self which is choosing it?
(Of course.) Yes thank you. That does clarify for me, which leads me to another item: We often read of people in the East, wise men, gurus and so on, who do peculiar things in our estimation, such as keeping an arm raised aloft, until it withers. I could never understand it and this, I imagine would be the spiritual

awareness in them, taking suffering further in the physical body, for the benefit of their spiritual development?

They are exercising that *spiritual* part, which feels no suffering. They have become so attuned, that these things can be done, without discomfort. You *all* could achieve it, it is not unknown. These are the things you have lost down many ages of your earthly existences.

Les: I see, so you say it doesn't give them the discomfort we would imagine them to have?

Exactly. If they feel discomfort, that is the human part of them. What they are doing, is exercising that spiritual knowledge.

Mark: Could I ask a question? You said we've lost something through the ages. Some people talk of us clearing our 'Karmic Debt' at the moment and that the suffering has to be gone through, in order to clear that and that later there will be a much better time. I don't know if you can clarify that at all?

I am not happy with the phraseology, 'Karmic Debt.' What is karma, but the result of '*cause and effect*,' something you all have. As we have said, you go through many stages of knowledge, of wisdom; you return many times, if necessary, to learn those lessons which help with the soul's growth. So in respect of karmic debts, I would rather you do not look upon it that way, but rather that you *'return,'* to gain more knowledge. To say 'karmic Debt,' rather implies a hell upon your Earth and that is not what your lives are about, do you understand?

Mark: Yes thank you.

Les: Yes, that's a very clear explanation, thank you. I've always been suspicious of the phrase, because it seemed contradictory to other learning and teaching.

It is the growth of your spiritual being, that is the most important thing.

Les: So presumably when we come over to you from this life, we enter a spiritual world, as we know and we are more aware of our spiritual ancestry and future. Do we then wait until such time, as conditions on the Earth, some hundreds of years hence perhaps, are suitable for our return for the spiritual development of our spiritual self?

It—you can manifest yourself upon this Earth, within hours, days, years, centuries. Let me say this to you:

The decision on these matters lie solely with your Higher Selves; that part of you which knows *all*, when you return *'home'.*

You yourself, with council, will decide the most opportune moment to return, when conditions are right for you, when the people you have chosen to return with, when all are ready. It is again, not an individual thing. Always you look upon yourselves as one item.

Les: Yes, it's difficult not to.

I know and this is what you must move away from. All of you are intertwined, in some way. Those loved ones that you have spent some time upon this earthly plane with, so many before so many to come. It is not a decision made solely for yourself, it is much more complex.

Les: Yes, it must be a matter of absolute interdependence, from what you say.

Yes, yes if you can imagine the twine of rope intermingled together. Each one is strong, but together they are stronger, you see? Each one depends upon the other.

Les: I see, you mentioned a council a few moments ago. Does that mean we would discuss with this council the advisability of returning at a particular time?

There is wise council yes, but the *decision* rests with you.

Les: But we would have the benefit of their spiritual knowledge presumably, which would be much greater than ours.

Of course, there has to be that wisdom, otherwise you would flounder—

Les: We could make a lot of mistakes—

Yes, unfortunately and sometimes you make wrong decisions, but of course that is your option. That is why sometimes so many return again and again and still they do not learn those lessons, which were intended for them.

Les: Is that so, it's our own free will coming into play again then.

Do not underestimate your free will.

Les: No, so our return to the Earth, could be a comparatively short time, or it may be many, many years, according to the requirements of our spiritual selves?
Of course, sometimes the spirit sees within hours, that which has been left undone and seeks to rectify those problems. Or the soul may consider after council, that it would be best to wait. It is a matter for *many.*
Les: Thank you, one other thing which has puzzled me, accepting as I do and I imagine my friends do also, what you have told us, would we always return to this particular planet?
I would say you do. I know there are disparages of opinion, but yes you do return, you are earthlings, you do not learn from other planets. Until your time on Earth has been finished properly, then you cannot go elsewhere.
Les: So from that then, I would imagine that we are in some way part and parcel, of the very Earth upon which we live?
Yes, you are it's very structure.
Les: Yes, thank you. That certainly clears several queries I've had.
Mark: Could I ask a question? *(Yes.)* It just occurred to me, I wondered how the Earth learning differed from other kinds of learning?
I have to say and I have said previously, you beings on this earthly plane, are so young in the stepladder of knowledge, and I would reiterate it for you:
Although you think your knowledge has expanded, you do not see the much *wider* growth. Like a ladder, you are aware of what is below, what is on top, but you can see no further. It is never-ending.
Les: So would I be right in presuming that part of our destiny, is to remain on this Earth, time and again, until we reach a certain spiritual development, which will free us from the confines of this planet?
Until such time as those lessons you need to know, then you will remain upon this earthly planet. Yes you are correct, there comes a stage when you throw *off* those bonds and move forward. Then and only then, would you be permitted to travel to other places. But we are speaking many aeons of your time.
Les: Yes, of course, yes I do appreciate that and that's of course something we cannot imagine, we have no conception of the time factors involved.
My mission coming here, is to teach you what you must know.
Les: Yes, well we're very happy to be learning from you and that of course raises another question: We don't know how long the Earth is going to remain as a habitable planet. Is there any likelihood of the earthly planet finishing it's specified time in the universe, before we have finished our learning?
Of course this Earth planet *has* to have a time of learning. Let me say, your planet is a very tiny spec within one universe. Of course there is a time limit, it is a natural progression of law. But that will not happen while there are people who need to learn. There *will* come a time when it will be a natural progression of the planet, to disintegrate, but we are talking of *many* complex matters here.
Les: Yes of course we are, but it had occurred to me, that if we are effectively confined to this planet, until we had finished our required learning and that planet had it's own destiny mapped out for it—
Yes, which it has—
—were the two going to conflict? And if the planet disintegrated say, or finished it's allotted span within the universe and became a cold lifeless hulk, would there have been any people who had not finished their learning before that happened?
I understand your question. Let me reassure you: All life is *'energy,'* whether it is in the form of human flesh or whatever, all life exists and will remain so—please do not concern yourself. You my friend are thinking again in human terms. Try to see it as an advancement, as a growth of energy and then perhaps it will become acceptable to you.
Les: Yes, it is confusing to us with our limited human minds.
Always limited knowledge makes this concourse difficult.
Les: Though over-riding all that, I do accept the necessary growth of the spiritual being and that over-rides everything else, even if I can't understand the other. It is a peculiar feeling in myself.

Of course, because you have become so used to that human aspect. But remember it is not really you, remember it is a covering for that spiritual being, which will always exist. It matters not whether upon this earthly plane, another planet, wherever—it will continue and go forward.

Les: So it would be wise for us if possible then and this may sound very childish, but when we do a good deed for another person and find a physical pleasure in doing that however small the aspect of it, we all experience that happiness at having done something for another person; we should try and recognise that as a spiritual doing rather than a physical.

We come back again to what I was speaking of, 'Service.' What is service? And so many times I hear you say, 'I must do healing, perhaps I should develop this, develop that.' Let me say to you, my friends: *Service* is a *smile*, it is creating happiness where there is unhappiness, turning sorrow to joy for another—so many small things; that is what your very existence is about.

Les: Yes, a lot of small physical things, isn't it?

That, *that* my friend, is *service.*

Les: Yes, so basically then we could come back to the quote in the Bible, when it is said, 'Do unto others as you would have others do unto you.'

I say to you, 'Do unto others even when they *do not do* unto you.'

Les: Yes, that takes it one step further, I agree.

That is true service. Where you require (no) **thanks, where you require no joy no happiness for yourself, but you offer thanks to that Great Creator, who *gives* you life.**

Les: Yes I follow you.

I wish so that I could enrich your knowledge but of course being human, you will never attain perfection, whilst upon this imperfect Earth. I hope you can accept that and do not be *too hard* upon yourselves when you fail. But I say to you, *recognise it* and so it will *dispel*. You understand?

Les: Yes, this is certainly a very interesting discussion with you Salumet, we appreciate it enormously. Does anybody else have questions? Don't forget what our friend said before? He smiles when all your questions come out when you come out of the meeting.

Margaret: Well I would say that it's given me new hope, what has been said this evening.

Les: Yes, anything you'd like to ask?

George: I would say that we have an expression, 'Service with a smile.' And it seems to me that service *is* a smile.

Yes, it is the many small everyday happenings in your lives.

Les: I have tried to explain to people who want knowledge of our work, that there is nothing euphoric about being a medium or an instrument, it is merely a channel for good intentions and good work. And even if you take the trouble to take a person across a busy thoroughfare, you are in effect a medium, you are a channel for service.

Yes, let me say there should be no false gratification in the work that you do for spirit. You are only endeavouring to do that which is normal, or *should* be to you.

Les: Quite. We have always tried to keep this in mind in healing and in our group meetings.

There are many people upon your Earth, who have no knowledge of what you call spiritual matters, but are in themselves the most *spiritual* of people. The people you speak of who are ready to offer a hand, a smile, even just to be there to listen, all of these things are spiritual *growth.*

Les: Yes, we are very pleased when we hear our patients and others say, we love going into that room, there is something different about it and I feel much better for having been there. That makes us feel that we are doing our work in the right way.

What is happening then, is not *physical* healing, but what healing should be, is that it *touches their very soul.* That is the *true* meaning of healing, that recognition of themselves, that *wonderment* of that *feeling* within. You see?

Les: Yes, we are very pleased when we hear it, because we feel we have done something worthwhile over the years.

Let me say something to you:

If only you touch *ONE* soul, *ONE* soul, whilst upon this Earth, then you can say: 'I have tried.'

But let me say to you, the person without the knowledge which you within this room have, can do the very same deed. Then indeed they have done more than tried, because then it has come from that innate spirit being, without the knowledge. That is indeed a great deed, can you see? *(general agreement)*

Too often I see people put down, as having no religions, no faith, so many things they are put down about, when in fact they *shine forth*, as *great Spirits.*

Les: Yes because you of course would be able to see that, wouldn't you?

Let me say my friends, the knowledge, this knowledge that you have, which you accept as truth, we are pleased to see you, to see that light grow. But upon you, it places an even greater burden, because in having that knowledge, you cannot turn around and say, 'I did not know.' So when you do a misdeed, or an unkindness to another, then your very heart should pull in shame. Can you see?

Les: Yes, the effect of that wrong-doing, is more so than it would be if done by a person without knowledge. ***(Yes indeed.)*** And of course with the law of cause and effect, it would rebound on us, to a greater degree.

You would have the rebound effect upon yourselves, of course. So you see, your responsibilities are great.

Les: Yes we accept that.

Now I think for this time, I have spoken enough, but I would say to you all, thank you for gathering, for making my work here so much easier and also I would say, (it) **brings me much joy and happiness and I say to you my friends:**

Let the Great Creator be with you all, in every aspect of your lives, until we meet again.

Les: We thank you for what you have told us and for your patience and your explanations. God bless you.

There then followed a jolly soul through Eileen who had a message for Mark.

~24th July 1995~

Good evening my friends.

All: Good evening.

Let me say to you, your love vibrations are strong this time.

Les: That's very pleasant to hear, we're glad that you can feel those vibrations from us.

Let me begin this time by saying I want you to know that *all* of you are channels. I have heard your thoughts, 'How can we serve, how can we be used?' I say to you all, *you are* being used in your own way.

Les: Yes, thank you for that assurance, for everybody. I do know some do doubt themselves.

The ways of being used, are as diverse as the races upon your Earth, so the very fact that you gather here, indicates you are being used. I want to say to the one here tonight, (she) **is a perfect example of devotion to being used. The genuineness of that soul, is indeed so true to her spirit. But I wish to say to you please, that as time continues, there are some who will wish to come within this room, who may not be quite suitable. I will tell you of the time, when perhaps you will mention beforehand, so I can indicate to you, whether their presence is acceptable.**

Les: Yes, I shall be pleased to have your advice on that.

I know you use wise judgement, I do not question you, please do not think I do.

Les: Oh I wouldn't think that for a minute, no I don't.

But there is coming a time when it is important that the harmony remain good and true to that purpose for which we come, you understand?

Les: Yes I do.

But it is a little time off just yet.

Les: Thank you, I shall certainly keep that in mind and I appreciate your advice.

I do not intend speaking too long this time, because as has been said before, it is important that many channels be used for the work needed. So we must allow those who wish to use others, their time to come. This is acceptable to you?
Les: Absolutely, thank you.
So now, if you have questions this time, I am happy to answer for you.
Les: Thank you. Does anybody have a question?
Mark: Could I ask a question. Mum's a bit worried about Emma our dog. She's not sure whether she should be put down. She's worried about her being in stress and wondered if you could give some advice.
Let me speak please. I understand your love of your animals, we know the feelings are good, when love is shown to those creatures of the Earth. But let me say, like you earthly people, so too do your animals reach a stage of their earthly lives, when it is time to go. We know the heartache it brings, but you would be kinder sometimes, to lovingly let them go. I will not say to you, do this/do that—that is part of your life decisions, you understand? But I say to you, look within your heart and you will know, what is done in love, what is the right thing to do. The animal is *suffering*, so I say *think deeply*.
Mark: Thank you.
Les: Any other question for Salumet?
Paul: Yes, I've heard of a place called Findhorn in Scotland grow lots of vegetables, they say they work with the Devas, the spirits of nature and it helps the vegetables to grow stronger.
Yes we have spoken upon nature spirits have we not before? *(Yes.)* **Yes it is not only in certain places, the whole of your natural world is helped along by these nature spirits as you call them. We have spoken extensively I think upon this subject.**
Les: Yes, I don't know whether you were here at that meeting, but Salumet told us that all of creation has a governing body, as it were, whose responsibility is to look after it, take care of it, nurture it in every way. This applies to water, to plants, to animals, the whole of nature.
Paul: So a good gardener or farmer can tune into this?
Les: They can do it anywhere, not only in Findhorn, if the acceptance of the power is there, in the person.
It matters not whether you accept or not, the very fact of nature being there, is enough for these creatures to be doing their work. You within this room are not sufficiently knowledgeable yet, to see. Those with the eye, can actually see these creatures at work.
Les: Is that so.
Of course, of course.
Les: I had wondered if they were visible to some people.
Can I say something to you, you may think it is a *fairytale*, I think you call them. Where do you think the stories originally came from? The small creatures which are seen with the eye of knowledge, that is where your stories come from, from people who have vision, who can see. They are only shown to those with great vision. That is why I say, you within this room, are not yet knowledgeable enough. Can you understand?
Les: Yes we can. That would probably then be the origin of the stories of the fairies and the leprechauns in Ireland and so on.
Yes, this is what I am saying to you.
Les: So they are in fact visible to some, in spite of what others say.
It is true, indeed it is.
Les: Well that's something you can practise Paul.
Paul: Yes, I'll try. Thank you.
Les: Thank you very much for that explanation Salumet.
Sara: I did see some Fairies once, a few years ago, when I was very stressed and I actually asked for help and I saw some fairies.
Here we come back to what I have always taught you, the power of your THOUGHT. Here we have an example of it. The depth of feeling of wanting help, creates not always what you wish, but help in some way.
Sara: It did help.

Les: Any more questions? No? Well thank you very much for that Salumet. Now if you wish us to continue other work, we will.

I will leave you with my love and my blessing, to each and every one of you. Now I say, allow those who wish to come, let them come with love and with peace within your hearts. Send out those thoughts to all in need, for surely there are many.

Les: There are many indeed. And our love goes with you, and our thanks once more.

There was then a short pause before a control came through Sue:

—I am here to mention a little about something that I believe is troubling you all at the present. I talk about your weather.

Les: Yes, it is quite a troublesome thing at the moment, because it's so hot and we are not used to it.

Yes, now you understand that in our world, these climatic changes do not occur in such force?

Les: We do understand that.

You understand that temperatures and conditions can be brought by individual spirit people, do you comprehend me?

Les: Yes I was going to ask you a question on that actually, that the temperature surrounding a person, can be adjusted according to that person's thoughts, I believe.

That is exactly right. Now, you do not have to be in spirit to achieve a certain amount of help with climatic temperature. It is possible in such conditions as you are having to face now, to have your own 'thermostat,' is that the correct expression?

Les: Absolutely correct, yes.

Now, as we have said so often, the power of thought is paramount, yes?

Les: Yes you have often told us that.

So, it is possible in your world, to adjust the temperature around your earthly frames. It* IS *possible, but it does take considerable amount of your THOUGHTS, do you understand me?

Les: I imagine it would do, and of course you know that I'm going to ask you, how do we do it? Or at least, how do we attempt to do it?

If you are suffering from the heat, as I am led to believe you are at present, please to spare quiet moment in your busy lives to sit in quiet. Think and concentrate on the gentle breeze, yes you understand me. Imagine, imagine you are sat beside some flowing cool water. Concentrate on that water, concentrate on the breeze gently shifting the leaves in the trees above. Start at your feet, imagine that breeze slowly moving up your earthly frame, until it reaches the top of your head. Then ask that from the top of your head, the excess heat which is troubling you, can be removed. This should be of great benefit to you all, but please, it is not going to be as if you have walked into an icy condition, it is much more gradual than that. But in time and with much thought, you can quite easily adjust your own body heat. Please I ask you all, are you willing to try this, for your own benefits? *(general agreement)* ***I would like to hear results of your experiments another time.***

Les: Yes of course, we look forward to beginning that, I think it is what certain Buddhist sects already do, isn't it?

It is not a new formula, no. It has been known for many, many generations.

Les: I think it is part of a Tibetan initiation ceremony too isn't it, to create sufficient heat in their body, to dry wet clothes placed on their body?

Yes, so many of these traditions and rituals, go back to the beginning of time itself.

Les: Yes and so often they are scorned and laughed at.

So many people think they have invented these things.

Les: Yes! *(chuckles)* It's merely there to be found out. We don't invent, we only discover.

Everything you see, everything you do, everything you know, has been known before. Let me say to you, that as you say, climatic conditions can be reversed. Therefore what I say to you now regarding the heat, can be reversed in your Winter season. So remember, when you are standing in the cold, start at your feet and think of the warmth of the fire, slowly moving to the top of your head. You do not need this advice at the moment, I appreciate you do not wish to think of fires just yet, but remember for the future.

Les: I'm certain we shall all remember it.

Please, in jest I say to you, we cannot teach you to stop the rain from falling on your head, but you can feel less discomfort, when you think of these things. We cannot prevent the snow, or the wind, but with careful THOUGHT, the problems surrounding you, in these climatic conditions, can be lessened to a great degree.

Les: Well we all look forward to beginning our experiments with thought on this.

Now I do hope it has been of some interest to you and please at your next meeting, I would be interested to hear any comments you may have on the matter. I may not speak, but I will be here.

Les: Good, so you will hear our reports anyway.

You would be quite amazed at what we do hear.

(laughter)

Les: Yes, I think our amazement is being tempered by the constant surprises we get.

Now I leave you. Enjoy your Summer months. They can bring much joy, if you know how to use them. God bless you all.

Les: Thank you. God bless you and thank you again.

Goodbye.

There were several further communications this evening, which though do not contain further teachings, have been included to show the range of communications that can take place at these séance meetings. The next one was a Chinese gentleman through Jo:

Mr Bone?

Les: Welcome to you again.

Do you know me?

Les: Yes I do, yes I know you. You have been here many times I am glad to say.

Yes, and I come tonight, with your permission and the agreement of the instrument, it is our wish to further develop instrument for important work, we have been with her for some time now.

Les: Yes of course we agree.

Yes, and if that is permissible.

Les: Yes I'm sure it is, I'm sure she would agree.

We our very happy that you say this. Over the next few weeks, we will be using her more, with hopefully very successful results.

Les: We look forward to it.

Thank you so much.

Les: We have always enjoyed the visits of you and your colleagues, in fact one of your colleagues used another instrument at our other meeting a short time ago, you know of that?

Yes, we know all that go on here. My last purpose Mr Bone, please hold out your hands. Please accept this power on behalf of all who come to this house from our side.

Les: Thank you very much indeed. I willingly accept and I am very grateful for it.

It is our pleasure. Thank you for allowing me here this evening, thank you all.

Les: It's been lovely to have you. God bless you, and we look forward to speaking with you again. Goodbye.

The next communicator was through Heather, a regular Wednesday group medium, who was a visitor at this meeting.

Les: Hello, sorry to have kept you waiting. Welcome to you.

***Good evening Mr Bone**. (voice strong/powerful)*

Les: Thank you for joining us, a different meeting, but you are still welcome.

Sorry to interrupt. We would like to take this opportunity to thank you all for the work you do with us and although you have many sessions Mr Bone, they are all linked in our minds.

Les: Yes they are indeed. I'm sure my colleagues are very grateful for you to be speaking to them like this. They have heard of you, of your instrument rather.

There is much work to be done and although some of your friends do not appreciate the part that they all take in these matters, they are each and every one of them important to us.

Les: I do tell them this, but they don't always believe me.

There are some who do not listen.

Les: They each have their part to play.

Yes, they are all important to us.
Les: Quite, otherwise they wouldn't be here.
That is so. We thank you for the love that you bring to us and we thank you for allowing us to visit you on this occasion.
Les: It's a pleasure to have you.
We did not wish to intrude.
Les: There's no intrusion, but I knew you were going to use your instrument on this occasion.
It is more than she knew. *(laughter)* ***She came here for a rest I think. She should know! You are all very dear to us in your continued efforts.***
Les: It's very nice to hear that and we are pleased that we are able to contribute to the work.
We thank you all for continuing to request help for those that are in need in your world. There are some very sorry souls around, on your planet. And at your Christmas time, you were asked to spare thoughts for them and this has continued to return.
Les: Good, there is one lady here I would like you to give some assurance to, if you would please. She is wondering why she is not more easily used, why she is not developing in this particular way. I am talking about this young lady of my right. Salumet has spoken to her several times, but I'm taking advantage of your visit now.
One moment please. *(pause + deep breathing)* ***One of you has their way of bringing joy to others, some have the healing in them to help others. Others bring information and guidance.***
Les: Yes, the young lady knows that she is being given help in various ways and she knows that her busy life does preclude the calm and peace necessary for development sometimes, but she does wonder if ever she will develop in the future.
Her voice is her gift. It will bring joy to many. And her musical fingers. It may not be the way in which she anticipated. She must not belittle these gifts, they are not given to everyone.
Les: No, quite, just as her gifts are not given to everyone.
(laughter) ***Very wise Mr Bone. We will say to her please persevere. Give as much time and attention to these gifts as you can in your busy life. You will be rewarded by the joy that you bring to others. It is for the moment very small, not for everyone to be aware of these skills, but in time, there will be wider people for you to bring your talents to. Is there anything you wish to ask?***
Sara: No I think that's fine thank you. Just to know that these are my gifts, these are the things I should work at.
Did you ever doubt it? *(laughter)*
Sara: I'm never sure sometimes, which things to work at most.
You have been told before have you not, that your self-doubt is your downfall my dear. One day you will learn the true purpose and the true joy that your gifts can bring. If you were really, one moment please, (pause/deep breathing), ***the time is not for me to tell you this. I can say to you that if you do not wish these gifts, if you strongly desire development in other ways, this can be possible, but it is not what was intended for you.***
Sara: No, no, I love my gifts very much and I do want to pursue them.
Then please do make the most of them.
Sara: Yes I will, thank you.
Les: Put the other problems out of your mind, don't think about them. Thank you very much for that.
Please think of us kindly. Our love goes with you all.
Les: And ours love with you.
Please be gentle with yourselves. It is a very hard path that you all tread, whatever your way through life. These lessons will be the hardest any of you will ever have to learn. They are not idly given to you and you will all be well rewarded for your perseverance.
Les: Thank you, God bless you, goodbye.
There then followed a communicator through Eileen:
My dear friend.
Les: Hello, welcome to you.

I am overwhelmed to make this very, very brief return for one last time. You do not recognise me? I moved on, so to return this last time is very emotional for me.
Les: I'm sorry to hear it's the last time
You do not remember me, Sister Anna?
Les: Yes I do sister Anna, now you say your name, certainly I do, and your colleagues, Sister Roberta, Sister Margarita, yes I remember you all.
(spoken with much emotion/sadness—almost crying.) ***We have all moved on, but my desire to return one more time, was overwhelming and I have been given permission, just this last time and I am so happy to see you, I am so happy so happy, I have seen your most beautiful wife, who I used many, many times and I was grateful to this one also, that my request was granted.***
Les: Yes and I can't tell you how grateful we are, that you should have considered us worth coming back to like this. We can't thank you enough Sister Anna.
I wanted to say farewell to you personally. Now I can go on with peace in my heart, to those many friends who wait for me.
Les: Thank you very much indeed, you certainly are an old friend. I'm sure you have a great deal of work to do on your next plane.
It is truly beautiful. It has been such a great joy for me.
Les: It has for us too, the many times you've been here and for the wonderful work you have done. We can only wish you every happiness in the future. We all join in doing that. Much love and a great happiness for you.
It is a word that is beyond expression.
Les: It is yes. You can feel our love for you, I'm sure.
I will go now. *(voice becomes faint)*
Les: God bless you and take care of you all, yes. Think of us sometimes as we shall think of you.
Eileen then had someone who wanted to give a message. They gave the name of Margaret and John and also Stephanie and mentioned bandages. It became clear that she wanted to speak to Sara about her forthcoming Wedding.
You do not always agree at times do you? she is telling me.
Sara: As a family? ***(Yes.)*** No we don't always.
No, but you are quite close nevertheless.
Sara: Yes we are.
There is a family occasion to come, not too far away, yes, it will be a good time, much laughter, much joy, much love and there is to be celebration next year also, quite unexpected, but she is telling me, she is looking out for you all and she wishes she had said more when she was on the Earth, but she was not one of many words. This is all she wants to tell you. She sends all of you her love and she is giving you Lilies of the Valley. So will you please accept and take them?
Sara: Yes of course I think it's my Grandma. *('Lily of the Valley' was her favourite flower)*
So I say thank you and I do beg your pardon if I have held you up, but she was insistent and I will now take my leave of you.
Sara: Thank you.
Les: We are grateful to you for what you have told. *(general thanks and farewells)*

~7th August 1995~

Good evening.
All: Good evening.
Many things have been happening since last we met. Much has gone on within your world, but we will not concern ourselves this time on worldly happenings. I wish to concentrate my energy and time to those of you within this group.
Les: Thank you very much indeed.

There are those with me, who will wish to speech to you for some short time, but firstly I want to say to the gentleman at the end of your room, just a few words please. You have been reading some matter, on subject you do not fully understand yes? Please to speak with me.
Mark: Is it a book?
A book. You do not fully understand it's contents, but let me tell you, lay it down, place it to one side, leave it for some while and then return to it. Then all will become clear to you.
Mark: Yes, right, thank you very much.
Yes, we have with this one, some indecision also at this particular time in his life, is this not so? *(Yes.)* **Yes, let me say to you, be still, be quiet and you will find your answer.** *(Thank you.)* **Your future my friend, is a good and happy one. Do not concern yourself on trivialities. You rather worry about things, which are unimportant. Yes we know, we will support you along life's journey.** *(Thank you.)*
Les: Thank you.
There has been unhappiness with some of you since last we met. I have endeavoured to uplift and to carry you forward.
Les: Thank you very much for that.
Now, before we let those who wish, join us, have you questions for me?
Les: Yes I do have one question Salumet. I must preface it with a remark: We have been told that we shall have 'Direct Voice' communication here. That leads me to the question which is, I am of the opinion that Direct Voice communication is not something new or rare, that it has in the past been a common phenomena between many nations, who were aware of the possibility. Is that right?
My good friend, it has always existed in many forms, not always recognisable, as you call it, 'Direct Voice,' but the energy power has been there to be used by those capable of it. It is not new, it has existed in your world, since your time began.
Les: Yes I was thinking on the subject a few days ago and I was convinced it had been such, since the beginning of time or civilisation, as we call it, or mankind perhaps is better.
Go back to your Biblical times that you are all familiar with. Was not the voices heard in the wilderness? Was not the voice of those great spirits heard upon the mountains? What is new about it? Nothing.
Les: The so-called voice of God, is nothing more than what we would call Direct Voice, what we would call Direct Voice communication.
It was said to be the voice of God. Let me tell you my friends, you will never ever hear the voice of God! *(amused expression)*
Les: Of course not, no, I have never accepted that phrase.
I too wish I could hear such a voice, but I would not be truthful, if I told you such a thing was possible.
Les: No, but that was the only description that they could think of giving in those days.
It was their desire, so it became their reality.
Les: That's right. Well thank you for answering it, I thought my feeling was correct on that.
I will say one thing about this subject: We know you have waited many of your Earth years. But let me tell you my friend, when the time is right, *many* things are possible, *many* things. Try not to focus upon *one* thing, which you see as *great.* The possibilities are building for *much, much* more.
Les: That's most interesting. I do try not to concentrate on one particular thing, because I know we can't possibly imagine what you are able to do.
We need to work with you all. We need to refine these subtle energies used by all of you, because you see, as I have told you all, what are you but pure energy. There has to be much refinement.
Les: That I can understand too.
You do—that is good. So I say to you, hold on to your desire and you will see it come to fruition. But I say, take heed of your time—do not become too *anxious.*
Les: No, as you have said many times, 'patience.'
It is really one of your very true sayings. Patience is indeed a *virtue.* I know you humans are not endowed with great patience, but it is something you *all* can try to remedy.
Les: Yes. Thank you very much for what you've told us.
I will let those speak now, but I would ask you to return to me at the end of this gathering.
Les: Certainly, we shall look forward to that.

I thank you my dear friend. Now let those who wish to work, begin.
Les: Thank you.
A communicator soon came through Sue:
Les: Good evening to you, welcome to you.
You are well, my friend?
Les: I think so thank you and we enjoy having you with us.
I will stay just a small amount of time. I come with a blessing for you all. Might I ask please, that those who are capable, please to hold out their hands to the centre of your room, like this.
Les: Palms upwards.
Please if you are not capable, if you are being used for other things, it is not important, just to put your hands into the middle of your room, feel please the power in your hands, feel it and remember, for if at any time you are feeling distressed, confused, worried about the day-to-day events in your lives, sit quietly in a dimly lit room, ask for help, put your hands to the centre, feel the power go through you and if we can, we will assist in your problems.
All: Thank you.
Now, lower them slowly back into the position most comfortable to you, breathe slowly, and deeply, feel the power seep through your limbs, hold the feeling, remember the feeling, say a silent prayer now please to the spirits, as I give you a blessing of the Creator of us all.
May the light and the love be within you and remain with you, through your earthly lives and into the spirit realms, which will follow. God bless and keep you all.
All: Thank you.
Les: Thank you very much and God be with you also.
There then followed a communicator through Heather:
Les: Welcome to you, thank you for being with us.
Good evening Mr Bone.
Les: Good evening to you, thank you for joining us.
I have gifts for your friends. It will not be as elaborate as the last gift session we had. I would like to give a rainbow to each of your friends.
Les: I would be very grateful to you for doing that. I know the rainbow is symbolic of peace and serenity. Would you like to walk around to give each of them a gift?
Is this to be permitted?
Les: Yes of course, do you wish me to help your instrument?
One moment please Mr Bone. It is allowed Mr Bone.
(breathing became deeper)
Mark: Thank you.
Your rainbow does have stars at each end.
George: Thank you.
Your rainbow is sitting upon clouds.
Sara: Thank you***. Your rainbow is surrounded by Great Love—and coloured ribbons I see.***
Margaret: Thank you very much.
This rainbow does have waterfalls from the centre, down each side.
Paul: Thank you.
This rainbow does come as a bridge, with a parapet on each side and a walkway through the middle. It is a pretty journey if you wish to make it.
Lilian: ***Your rainbow is made with satin ribbons and is floating on drops of dew.***
Dawn: Thank you.
This rainbow does have yellow roses, a bush at each end for you.
And to my other friends, your rainbows are in the stars.
Les: Thank you.
I thank you for allowing this to be done.

Les: Thank you for bringing such pleasure to us all
Bless you all.
All: Thank you.
Salumet then returned:

Thank you my friends.
I hope you have found it to be instructive.
Les: I'm sure everybody has, is that not so? *(enthusiastic agreement)* Particularly the receipt of the rainbows.
Let me speak to you about your rainbows: You understand the symbolisms that accompany it, but let me say to you, my friends, you *are* the rainbow, you *are* the very being, the *gradation of colours* within that rainbow. Do you understand what I mean?
Les: Yes thank you.
As you are *all* individual, so are the symbols which accompany it. They are the things to which you should refer.
Les: We follow, thank you.
You are as the colours of your rainbow, each one of you, at a different stage of being, from the very lightest, to the very deepest shades. Do you understand?
Les: Yes I think we do.
I am happy that you have been given so much this time. I do intend to bring more people who wish to instruct you in exercises, which will develop you spiritually. As I have watched you all from the beginning of this evening, I have watched you become brighter and brighter in your colours.
Les: That's splendid news for us. I was going to ask you not for flattery, I know you wouldn't do that, but if you were satisfied with the progress you have seen in us all?
I have come, I have told you, that each and every one of you, should be developed to their fullest capabilities. I do not wish to come, merely for words, but for your development and as such, I intend to bring those people most able to help you.
Les: That's splendid news. We hope we have not been disappointing to you, in our development so far.
You could never disappoint me. Just to see that flickering light develop, to grow brighter each time I see you, makes my heart grow. It brings me—if I were human like you, I think I would shed some tears. But not being human like you, then I have to tell you, my heart is full.
Les: I'm sure I speak for all of us when I say I think our hearts are full too, for what you bring for us and what you teach us.
There is much to learn, but you will, and you will grow and you will develop together, until the time when you will be *so amazed* by what we can bring to you.
Les: Good. *(general thanks)* We thoroughly enjoy our meetings here, all of us.
Do not doubt what comes, it may seem odd to you sometimes, but I say to you all, accept with love and much can be done.
Les: Well we do indeed accept.
Before I leave you this time I wish to say there are many who are so proud of this lady, small in stature, but growing so big in spirit. *(Sue)* **There are many who look after her and are proud to be associated with her.**
Les: I'm delighted for her to hear that. Thank you for telling us.
Now, let me say:
May that Great Creator, who binds us all together,
May we be enfolded within that love, that peace.
May you all search your hearts and live your daily lives, by those thoughts and deeds, which you know to be of love.
I say one more thing my friend, take care of yourself, you are prone to chills if you are not careful, but don't be overly concerned, because I am with you.
Les: I'm sure you are and I appreciate that.

Thank you very, very much again and may the *Divine Creator* be with you at all times also. Goodbye and our love goes with you.
(general goodbyes)
An amusing jolly communicator then came through Eileen, to help 'bring her back'.

~14th August 1995~

Good evening
All: Good evening.
As always, I am happy to join with you.
Les: That's very nice to know.
It is important this time, that I work with instrument. So with your permission, may I suggest that any questions you have for me be short and I will then tell you what we will be doing this time.
Les: Thank you very much. Yes I would like to put one question: We are collecting as you know, all the information that you give us, and that which comes from your colleagues. I'm hoping that it's not going to remain tucked away somewhere, but that it will eventually be able to be published for the benefit of others. Whether I do the publishing or not is immaterial. I can't see myself getting time to do it, but I'm hoping that all that you've told us will be made public. Are you able to confirm that for me?
Let me speak upon this matter: It is not so important that my words are put upon the paper, but let me say, I do understand the desire that the words spoken here should travel further a field. When first I came to you, I told you that information given by me, would be received by many others throughout your earthly world—that all that would be given would be clarified by others. But we know that it is important for others to see and hear the words spoken within these selected groups. Therefore the time will come, the opportunity will be placed, whereby the information will be put down, will be gathered and will be distributed.
Les: Thank you, that's all I wanted to know. Thank you very much indeed, I should hate to have thought it just remaining stagnant.
All truth is never stagnant, it must go forward, it must travel from person to person to person, in order that what we say—and this time it cannot be dismissed as in times gone by. We have come to an age, when the 'TRUTH' is here to stay.
Les: Good. Thank you very much for that answer—now the floor is yours my friend.
I have said many times, that it is our plan that all of you be developed to the fullest capacity possible. So while I work with this instrument, I will ask with your permission of course, to try a little something different.
Les: Yes certainly.
If possible, I ask that each one if possible place their hands upon mine for no longer than 10 seconds, to return to their seat, to feel the energy given and to express what they feel to you my friend. Do not despair if you feel nothing, but please try to open your minds.
Les: Yes we shall.
We then did as instructed, except for Sue and Jo, who were being used and were deeply in trance.
Les: Thank you, that is everybody except the two instruments you are using.
You may find that they will speak to you in any case. I will leave you now and will work quietly with this one, but please do speak, and feel and give what you get from those who are trying to work with you.
Les: Thank you.
There then followed a communicator through Sue:
***We are trying to** (effect) **a change, you understand me**?*
Les: Yes.
We will be working here. Please to say if any change occurs.
Les: Yes, she will feel it I know, if you do.
George: I have a feeling of energy about my head. A sort of pleasant pressure almost, about the back and sides.
Margaret: I feel a lot of power in my hands and my arms. When I held my hands up, it felt like a shock.

Les: Yes, it's a tingling isn't it, too.
Dawn: Yes I can feel tingling in my hands too.
Les: He said to feel the energy, that's right. As I sat down, I had a magnificent picture, of a tall ship fully rigged, gorgeous white sails and a wonderfully blue sea. I don't know the significance of the symbol, but I can only assume that it means that everything is sailing along splendidly. Incidentally, if any of you ever get a vision like that, which you can relate to something, if it is heading towards your right, it indicates the future, if it is heading towards the left, it indicates the past. My ship was heading towards the right.
More time than usual was taken bringing the instruments back, especially Eileen, who Les noted had been taken deeper than ever before.

~21st August 1995~

No Salumet this time. It was an extremely hot evening and the windows and curtains were opened, to allow air in, which meant the room was lighter than usual. The first communication came through Eileen; a sweet, warm character, explaining that they were attracted by the sound of church bells, which happened to be ringing this evening and were clearly audible through the opened windows:
—I could not resist when I could hear the bells.
Les: Of course not. Really, do you like them then?
I was a novice and I rather left the Earth quickly and so I did not take the full vows and so I am rather attracted back to the sound of church bells.
Les: Yes, there are bells in the village and this is the evening when they have their bell practice.
I do understand, but I still find difficulty in not being attracted back to them.
Les: I quite understand it, yes.
The sound of them always brought great pleasure to me. It was the highlight of my day, when the evening bell rang. It was my most sacred thing.
Les: Mm. So you say you didn't finish taking your vows? Do you still wish to do that?
Not now. *(gentle smile)*
Les: Because you can if you wish, but it's not necessary.
I do realise it's not necessary, but sometimes we are drawn back to earthly things. It helps us to go forward. People sometimes do not realise this. They feel that we are being held back, but that is not always true.
Les: No, because it gives you a comparison, doesn't it?
Exactly. So you see, it is not only the personal satisfaction, it is a growth. And so, I have taken this opportunity to come back.
Les: We're pleased you have—
So, I'm very pleased and I will not take up any more of your time.
Les: You're not taking up time at all. We'd love to have a chat with you. What do you do now, if you are not going to take up your vows? How do you occupy yourself, because I feel that you are still very deeply involved in what would be called religious instruction?
I am indeed, I do help those other novices who come to our world and do not know what has happened to them.
Les: Yes, that's what we call 'rescue.' We do that here, so you meet them when they come over and you put them at ease do you?
Yes, because you see, to be greeted by one dressed in the same garb, is of course a comfort to them. They need to have some reassurance that all that they believed in, has not gone by the board, as you would say.
Les: So you still wear the same garb?
Only to meet them on introduction. Then I can show myself as I am now.
Les: What do you wear now, pretty clothes?
No, no, no, it changes, it changes with my—I will say moods, but that is not quite correct. But of course colours change, materials can change and so I would be adorned in the garment best suited for me at a particular time.

Les: I see, this isn't idle curiosity, it's a wish to know and of course we record all this information to pass on to other people.

Do you?

Les: Oh yes, those who are interested, that's why I ask the questions. And my 10 colleagues here tonight are also very interested in what you are saying, so you change your dress frequently, in the course of the day?

Yes of course, you see some groups would not be able to accept me, in some of my garments, it would be a little too much for them. So the hue, the colour is toned down. I am fortunate that I am one of the people who are able to do this.

Les: So it's not everybody who can do that then?

No of course not.

Les: So you have been up there some time have you, in the new world?

Well yes of course, I would not be instructing if I hadn't.

Les: No, I wanted to confirm that. So it has taken you time to do that, to learn and have the ability to do these rapid changes as we would call them?

I have to say to you that really it hasn't taken me too long. I believe from what I know now, that I have been very fortunate, that my knowledge was an innate one, which came to the surface quite quickly.

Les: Of course it would, I was going to say, you had preliminary training here, which made you ready to accept what was ready, when you went over.

But it doesn't happen in all cases you see. The instruction on your Earth doesn't always make you ready for what you meet when you come to our world.

Les: So would I be right in saying, without wishing you to criticise anybody or method of instruction, that much of the instruction given here, is still inaccurate and incomplete?

Oh, of course, of course, no ONE religion knows everything. There is elements of truth in all religions and of course, when you come to this side of life, everything becomes so much clearer and all I would say to you good people, is the best asset you could display and have, is love for one another. If you work upon that, you will not stray far.

Les: Quite, this is what we try to cultivate, and we have tried in our learning to absorb all which is good in each religious belief and discarding all that is rhetorical and apparently hypocritical in many cases.

What I would say about many religious orders, that the confinement amongst themselves cannot be good. I would say although they grow as they would think spiritually, in fact they are closing themselves away from all the love that surrounds them.

Les: Do you know, I am extremely interested that you say that, because I have felt that for many years now, that it is selfish of them, in one way.

Well, I would not say selfish, it is because they do not understand anything more, but of course by closing themselves away, they are closing in that love which should be expressed to others and this is something I try to teach our new novices when they come over.

Les: Good, because we accept and believe implicitly, they the giving of oneself is the right way, is the basic principal of love anyway and if these people have confined themselves to a closed order, then they cannot give of themselves as they should.

Yes, what is love but giving unconditionally? That is the key word, unconditionally.

Les: Absolutely, though I know we can't presume to succeed in doing this, we do try in our group here.

Yes, we know we are much aware of many groups like this, who gather together in love and it is such a joy to see.

Les: Do you visit other groups like this?

I in fact do not return very often, but on this occasion it was rather too much and so I was granted my wish to return this time and here I hear them again and that is my queue that I must now return. I have enjoyed this visit most—oh I don't know the word to use, I am overwhelmed to have met you all. I leave my love with you and perhaps in some distant day I might return and speak with you again.

Les: That would be very nice, we'd always welcome you and we do appreciate you being here tonight.

I hope you have not been too disappointed, because I have been told you were expecting another, but oh well, I won't say I'm second best, but—

Les: No don't say that, we weren't really expecting it fully, because of the different conditions. The gentleman we had expected always works in a very dim red light, and we didn't anticipate that he would be able to come.
Oh I see, well I wasn't aware of all these things, but of course I'm always quick to grab an opportunity and so I thank you, it has been most interesting for me.
Les: And for us, it's been delightful having you. Can I ask if others are coming tonight to speak with us?
I think so yes, the one who came first will come and perhaps tell you a little more.
Les: Thank you very much, and if we hear church bells again another night, we'll open the door ready for you.
(laughter) ***I thank you, goodbye.***
Les: Thank you, God bless you.
Several others followed through Eileen, with messages for various sitters, before the meeting drew to a close.

~28th August 1995~

Salumet discusses 'transfiguration,' which Les had witnessed the day before, via the medium Heather. The communicator through Heather was an Egyptian priest called Harrak, of the God Isis:
Good evening.
Les: Good evening to you, nice to have you with us once more. I'm sorry we're low in numbers once more. To me, it's one of our annoying holiday frustrations.
My friend, I have said before, it matters not. But before I continue, I will ask something from you. Would you please remove the lady's timepiece?
Les: Remove the lady's watch, yes certainly.
It may seem a trivial matter, but I am aware of her comfort, in using this body.
Les: Thank you for letting me know. I'm sure in future, she'll remove it, before waiting for you.
Yes, now let us continue. It seems a while since last I came to you, and always my heart is quickened, by these visits to you.
Les: It's very kind of you to say so. Our sensibilities certainly are, I'm sure I speak for everybody here. *(general agreement)*
I was aware of your speaking, before I spoke to you. Let me say this to you please: So long have you been told, 'be patient, be patient,' have you not?
Les: We have indeed.
When first I came to you, I said much would happen and yet you are surprised when something good does happen. *(smiles)*
Les: Yes, I must admit, I didn't associate your telling us, and the happening. It was so remarkable and I was going to say, how much I appreciated what I was allowed to see.
Don't be overwhelmed, there is much to come. You have a lady within this group, who has over the passed few weeks, been used for the very thing, you saw with your own eyes. I speak of the lady small in stature, but big in spirit. *(Sue)* **There will be happenings too, with this one.**
Les: Thank you very much. I'm anxious that my colleagues should see, if possible, what I saw, because it was so marvellous.
I will say the words, continue to be patient. Much is going to be given to you all, but when first I came to you, did I not tell you, slowly, slowly?
Les: Yes you're absolutely right, you did.
But do not doubt these words. Much will happen within these walls, much that you have waited for. I will not give you times, because that is not important. What is important, is what occurs and what it brings to you all—the knowledge, the knowledge of 'TRUTH'.
Les: Yes. As I was saying to my friends, I don't use superlatives, but it needed one, to describe what I witnessed last night.
I understand my friend, but let me tell you, it is a minor thing, compared to what is to come. So do not doubt it, thank the Great Creator for all that comes to you.

Les: I did do so actually, last evening, afterwards. It was really so astounding and I felt very humbled, that I should have been allowed to have that gentleman here.
Yes, and please to nurture the instrument being used. She has much to give, much within, but she needs your help.
Les: Certainly, of course, she'll get that at any time.
When we make contact, like we have so quickly with her, it's best that she be helped by someone of knowledge, like yourself. I don't say this to you, I do not give you fine words so that you may have pride, but I tell you for *all* your sakes, it is better to have someone *strong.* That is why we have chosen you. I do not use *my* words lightly also.
Les: No, I understand and I'm sure you can sense my feeling about this.
I do my friend and I say to you, you are being rewarded for all your efforts.
Now then, let us continue. Let us speak of what is in your hearts this time. Does anyone wish to question me?
Lilian: Yes I did wonder if you could tell us anything about previous lives? If it's not important, I'll understand.
Always there is interest in this subject. But I will say to you, it is not important what has gone. But I say to you, yes, you have had previous existence. I have told you before, all of you came together in another time.
Lilian: Yes, I think this is what interests me.
Les: Yes, I think the lady is asking whether it is possible to know in what capacity she was there.
I know what is in your mind. Let me tell you just a little, shall I? I know you have wondered on the connection between you all, because your lifestyles in this lifetime, are quite different. But you see, again we come to the spirit side of yourselves and how you have grown through the times—let me say that firstly to you. You all existed and I think you will be amused knowing your human sense of humour, when I tell you that all of you were within a closed order of monks. *(surprise expressed, with some chuckles)*
Yes, I thought you would be amused. Do I sense the shock, the horror?
Les: You do sense the shock! *(more chuckles)*
All of you were closely put together and I may say there were times when some of you were unkind to another.
Les: Is that so?
Yes it was not a time of great harmony then, therefore comes the time again, when all of you needed to be reunited.
Les: Well I think I better start by apologising to everybody if I was unkind.
(laughter)
But that is not the important part. This time around, instead of being enclosed with your own thoughts and feelings, this time you are here to spread the truth of what you know. But let me tell you, all of you were of the male gender. I have to tell you, you do not have mixed, mixed monks. *(more laughter)* **I'm sorry it amuses me. So you see, you came together again, but in different genders, to make those unsociable problems much lighter, much healthier for you all.**
Les: And following on what you have told us previously then, we would have chosen our sex this time would we?
I have told you, you do not come without your full consent of the life that is to be.
Les: Thank you, that confirms it for us, because I know the lady would have asked that question next probably.
I am always amused that you humans find it important whether you be male or female. I see you not as any gender.
Your spirit is neither male nor female, it is both. So if you can look upon yourselves in that manner, your lives would be so much simpler. You would have the understanding of each other, you would be kinder. We see so much disagreement between your sexes. Try to

feel, try to understand and see yourself as someone without gender, then you will really feel that spirit self, which after all, is the most important part of you.

Les: And of course to follow on that, we ought to have a greater understanding of both sexes and their personal problems in this life.

But my friend you do. You have had previous existence of different sexes, so you do retain the knowledge, but I am afraid when you come to this incarnation, all is forgotten. And so you seem to take a step backward, rather than going forward.

Les: You are quite right, because that is a very interesting comment, because I have always, since I've been on this Earth, had a great objection to Closed Orders. *(of monks etc*) Now that may have been—*(laughter)*

My friend, you speak against yourself.

Les: Yes quite. Whether It was something I was remembering from my previous life, but I have always objected to them since I've been here and thought they couldn't possibly serve any real purpose and those of the Closed Orders should have been giving of themselves externally of that order.

Yes, I would not say it was fruitless or thankless, but I understand what you are saying and yes, it does seem to be that within the Closed Orders, this happens. But what does happen to some within, is that they find their true selves, which can never be termed as a fruitless task.

Les: No of course not, I used the wrong descriptions probably.

But I understand what you say and I would say that to fill your lives, you must have contact. After all, that is why you are here. We have spoken of love, what *is* love, and how you must use it. If you are secluded, you do not have those opportunities to give. But within the Closed Orders, they do have their brethren, they do have the opportunity to give love, if only in a restricted way.

Les: Certainly. I found this interesting with the gentleman who came last night, because one thing he did accept, was that within his apparent hard teaching and it was hard I know and I told him I knew he had a very soft spot and he doubted his own teaching on occasions, many occasions and is why he had been brought now and he agreed that this was so.

Yes, but let me add a little something to that: He also would have been afraid to speak, because within the era of his time, there was much power amongst women. So you see although he knew and probably understood more than ever was said, he would have been afraid to voice, because the women kind at that time, were much revered. Men in a way, were rather subservient. This is something you must keep in mind, when you make judgement of any kind, that it was not just a matter of speaking out, but he would have been placing himself above those in power and this he could not have done.

Les: Quite, I felt that I had to be very gentle with him whilst I was talking and he accepted that and when I said finally that because he had now come here to learn what he had to do, he had to teach his former teachers, he said you know in my time, you could have been beheaded for saying that.

I have to say yes, but in those times there were much harsher ways of dying.

Les: I'm sure there were.

So there would have been fear beside the knowledge and the fear was the greater of the two. So do not judge him too harshly.

Les: Oh I didn't.

I know you don't, but I speak generally—let me speak generally of judging others. You must not, because you do not fully understand the situations, the feelings that go on around all of these things, especially so long ago in your earthly history. There were so many factors unknown to you today. So I would say to you all, 'Judge not.' I know that is a hard thing to do for you, but find it in your heart always to offer help, but not to judge.

Les: Yes I did feel this with him, you are absolutely right of course, and I felt this with him, that he would after being here, be allowed to rejoin his people, that was his concern, that he should find them.

Always there is reason for returning, as you very well know, and his opportunity came. It *will* be changed, and the 'Thank you' you had, was in seeing the face. That to you, my very good friend, was a 'Thank you.'

Les: That's nice to know. I did wonder why it suddenly changed, it was so absolutely emphatic.

It was a 'Thank you,' and please do accept it as such.

Les: Thank you, now you've told me I certainly will do. I'm very grateful to him for that and I'm pleased that evidently I was able to be of assistance to him.
I will say to you, that he will return to you at a future time and he will tell you so much more of the style of his life at that time. You will find it most interesting.
Les: Thank you, we look forward to that time.
But do not be surprised my friend, of what is coming.
Les: Thank you. If that's a sample, it's going to be marvellous, as you have said it will be.
You see, you cannot fully understand what there is to give, what we can bring to you, but we do need conditions to be right. So I want to say to you this time:
Before you enter this room, place to one side all daily concerns, all problems, offer yourselves as open channels and then we can do so much more.
Les: Good. I will tell our friends who are absent tonight of that.
If it means sitting quietly before you come, please, please endeavour to do so, because there is so much work to do.
Les: Thank you, we will all try to do that.
I am seeing subtle changes within you all, as time continues. It is our desire that all of you be used in unity and in love. You are brought together to provide those circumstances, that peace, that love that is so necessary. Now I want to say, before I leave you, may you find in your hearts, each one of you, an expression of love for each other, to offer it, where you can. I ask you to continue this time, in whichever way you feel best, whilst I continue to work with this instrument. Are you happy to do this?
Les: Of course we are yes.
I am happy to have joined you, but do need time to work with this one.
Les: Yes we understand and we're perfectly happy and content to sit quietly whilst you do so.
You need not be silent, but I do ask that there be no sudden loud noise. Until we meet again my good friends.
Les: We certainly thank you for what you have told us tonight and our love of course goes with you more than ever.
After a time, a sweet young girl came through Eileen, for a general chat before closing as usual.

~4th September 1995~

Before Salumet came through this time, we were discussing a postcard showing the photo of a face materialised in the presence of Sai Baba. Salumet refers to this during our communications:
Good evening my friends.
All: Good evening.
I bring with me this time, much love from many who know you.
Les: Thank you—very nice to know that.
It is good to know that you have thought upon my words spoken last time. I have been amused to have your thoughts reach me.
(laughter)
Les: Yes I expect you have. It's lovely for us to know that you can share our humour you know.
I will watch over you all.
All: Thank you.
Also I was aware of you discussion before I came, so may I say a little about what you call materialisation?
Les: It would be lovely if you would, because there are many conflicting views about it.
Yes, let me say firstly, you know that materialisations are formed by what you term 'ectoplasm,' yes, that is the word you use. But what is this ectoplasm? Let me say to you, it is matter refined, it is matter refined to a much greater degree than you would know it to be, but it is the matter to which *you* return, when you come to our world, but on a much finer level, can you see this?

Les: Yes it must be acutely refined for our bodies here to be receptacles for the massive ectoplasm that is used.

It is available within you all, but of course some people are capable of producing it in mass, you understand this? This is why you have people who can be used specifically for this purpose.

Les: Yes, it's not generally available to everybody, is that so? Not in the quantities required?

Not in the quantities required. It has to do with the spirit part of the human, who produces it, but it is only matter refined. There is much spoken about it and I have to say many wrong words are used to describe it.

Les: I'm sure that is so, which is your comments now are very, very interesting to us.

Also, what I really do wish to discuss with you, is not what the content of this is, but how it is produced.

Les: Yes please, it's another form of energy, is it?

All life is energy, I think we have spoken many times. It is just energy refined to a degree that can be produced in the way shown. Let me say this to you my friend, I listen to you speak of the one upon your Earth known as Sai Baba, Yes? *(Yes.)* **How is it possible for him to have the materialisations so often? I hear these thoughts so many times. Let me explain a little to you all; I return again to my favoured word, 'THOUGHT'. Thought—you understand that don't you, the power of the Thought?** *(Yes.)* **When you are in the presence of one capable of producing this energy, what is happening is this: He uses the energy from the masses, people who are unaware of their own capabilities, people who seek help, people who seek knowledge. *These people* utilise that energy and they can use it, to use the thought forms, which would be expected, of a materialisation.**

Les: Yes, so what we would call a materialisation then, is not in fact a physical thing,—that's the only word I can use—but an expression of thought?

It is the gathering of the thought energy, used by those persons capable of producing it, in the form as you see it, you understand?

Les: So would that form be solid to a physical touch?

Once the energy touches your physical Earth, it interacts with that more solid matter, which makes it solid to touch.

Les: I see, thank you.

Remember this always, there is never one energy, one energy, one energy—all combine together, to produce many things. It is the way of our communication with you. In the way that I use this instrument, is to be using not only the physical form, but the energies which I can utilise from her. Is this helpful to you?

Les: It certainly is.

Do you have questions for me?

Les: Yes, so many people say, as was said tonight here, that the materialisation was in fact that of the man known as Jesus. But from what you say—

Because—excuse me I don't wish to interrupt—because in their mind, the power of their thought—that is what they expected to see. So the energy, the power of the thought was utilised to produce the materialisation seen.

Les: But the materialisation would be only that person's thought?

Not one person, it would be a group energy.

Les: A group energy, but it could therefore not be the man who it is claimed to be materialising?

It may not be—let us clarify something whilst we speak upon this. When you have group thought, you can produce materialisation, *provided* you have the right person there to produce it for you. He will utilise the thoughts of many. But when you have materialisation from a single entity, I speak of a medium who is within a room, where thoughts are subdued, in groups such as these, then the entities produced are of a different calibre.

Les: I see.

It is produced in the same way, but not by group thought. Can you see the difference?

Les: Yes and the group thought would be triggered in what way? Because presumably if it's a group thought, each member of that group would have to be aware of the need for a particular aspect of the thought.

As—let me try and simplify it for you: If you have many things put upon your graph paper, what do you have but an average. So too the thought energy can be gathered together to produce, do you see?
Les: But they would have to be concentrating would they, on the possibility of materialisation? That's what I was meaning.
Yes, yes, I'm sorry, yes of course their thoughts are gauged towards what they would expect to see.
Les: So the leading the exponent, who is the one capable of producing the materialisation, would previously have had to somehow direct the group thought towards that same target?
He would use their thought energy. He would not necessarily have previously something in mind. It is a difficult thing for you to understand, but he is using energy, he is interacting group energy, with that ectoplasm that he too produces, to create materialisation in the form you see.
Les: And the ectoplasm would come from that one person capable of producing the materialisation? Or would it be drawn from others? Because it's visible when it's drawn from the body, isn't it?
Of course, he would produce the mass, he would be the yeast in the bread—that is perhaps a simple way of putting it. Although you have all the ingredients, you need something to interact with it and that is where his capabilities, his knowledge, his energy comes into play.
Les: So he is what we would call the catalyst ***(Yes.)*** for all these products, ***(Of course.)*** of which we are unaware?
He will be drawing the ectoplasm and the thought energies from each and every one, because you see, you all have it to a certain degree. *(Yes.)* **You have to you see, because you are after all spirit first and foremost.**
Les: So it must be within us, I quite follow.
It is within you.
Les: So we all possess it, to a greater or lesser degree and just to clarify what you've said, the amount of ectoplasm possible for any of us to produce, is dependent upon our spiritual development?
Of course it can be developed, yes of course, it is all—I have said this to you many times, there is nothing you cannot do, if you apply yourselves to it.
Les: I'm going to ask you a leading question now, which you may have anticipated. Are teaching conditions within this group sufficient to produce materialisation here?
I have waited months for that question. Let me tell you my dear friend, we have much to do and there is much to be done, so I will say to you, be just a little more patient, but there are the possibilities here.
Les: Thank you, that's all I'm asking at this stage. It's nice to know there are the possibilities, because that does give us an impetus to concentrate more upon our own spiritual development.
We wish to take it slowly, one step one step one step. But within this room, without the knowledge, each one of you do not have—and I don't say this lightly, you are unaware at this time, of what you are capable of producing. So do not doubt yourselves, any of you. There is much within you to give as a group and individually. You all will find your lives taking different directions as life continues, but remember always you will be used as a joint effort.
Les: You may be aware since you know our thoughts, that I frequently have wished that as a group, it would be possible for us to produce some phenomena that would make an absolute impact upon people outside this room, to teaching extent that they could not doubt the validity of what we are trying to prove to them.
This my friend, we know and understand. It takes some time, to gather together people of the qualities you now have within this house. It has taken many of your years to come to this point in time. Before I came, when first I came, I told you I had waited a long, long time.
Les: You did indeed.
We need to have the conditions, we need to have the people, we need the dedication. That is not to say that those that have gone before were not *right,* but it was not the correct *combination*, you understand?
Les: Yes and what prompted that question from me tonight, was something you said last time, that we are here together now this life, to further the knowledge which we have and are continuing to gain from you. That is why my thoughts revolve around the possibility of there being something which as I said, would give an unforgettable impact to those outside this room.

It is what each one of you would wish for, it is what *all* of you humans desire is it not?
(general agreement)
Les: Yes it is—Not for personal gratification, but to prove what we are trying to prove.
George: To help to make the world a better place.
It would not be given on those conditions, but once we know there is dedication to the work, *we will provide*. Rest assured my friend, what is to come, will be proof to all who come within the confines of this room. But be patient, remember, the word to remember is *'Infinity.'* So your earthly lives, although they seem long sometimes to you all, they are but a *'tinkling of water'.* So please, please be patient and trust that we *will* bring to you many things, much phenomenon for you, that you cannot doubt.
Les: Thank you. Well you've had enough patience to wait for us to be gathered together again.
I have to say to you, it has brought me much pleasure to be with you, it has amused me, it has brought me comfort to realise the intensity within you all for this work, although I know you do not remember your past lives, but let me say, I will endeavour to help you to recall, not only the lifetime I have told you about, *(The Monks)* **but others.**
Les: That would be very, very interesting to us all.
(general agreement) I must say we haven't dared to ask the question.
I—you want me to tell you more, let me say this to you: When you leave this room tonight, before you meet again, *some* of you will have recalled details. Small they may be, but they will grow, they will grow and perhaps you could discuss before our meetings and see what you can remember. I will happily fill in any doubts or queries that you have. But firstly let us see what can be brought to the forefront of your minds.
Les: It would be wonderful if we could remember yet another life.
Let us concentrate on this one first! *(laughter)*
Les: Yes, that's why we didn't dare ask earlier.
Don't be too eager. After all this life is the important one.
Les: oh this one and the future is important.
I say do not look to the future, look to what you have to do now.
Les: Yes
I can tell you, you will be amused. I promise you will be amused. Right, have you more questions for me?
George: Could I just ask a little question about your term, 'refined matter?' ***(Yes.)*** We have some degree of understanding of chemical atoms. ***(Yes.)*** Would I be right in thinking the refined matter is also atoms, but of a finer frequency?
Let me say to you my friend, your word 'atom' is quite an apt one, for the knowledge that you possess, but it is in a much higher degree, than your atoms, your sub-atoms and the knowledge that you have on this Earth at this particular time. The energy I speak of as refined matter, is not known to you chemically. It has been studied as you know, when materialisation has taken place, that it is able to be touched, to be felt, to be classed as energy, but it is not, let me say, an energy known to you, at this particular time. It is refined to a much higher degree, it has to be, you see? How can it be known to you, when it belongs in *our* world.
Les: Quite, I imagine it would be on a par, to the energy used to propel what we call UFO's?
No, it is entirely different.
Les: Is it?
Yes, we speak—let me say this to you about energy: You will never fully understand the extent, the range of energies that there are, because you see, some belong to your Earth planet, others belong to the cosmos. And although there may be interaction between some, you will never fully know them all, until you become *spirit.*
Les: And I can imagine that we wouldn't be allowed to have that knowledge anyway, because we have a remarkable ability to make a mess of any information we do get.
It would be most destructive to your physical being. You could not possibly touch these energy fields, you would be destroyed as human beings as you know it.
Les: Is that so?

Yes, yes, we speak here on complicated matters. You will never fully understand the topic of energy. There is much that is yet to be discovered and will be. Let me tell you, it will be found too beneath your oceans, some knew energies, but that is to come, that is in time to come.

Les: And shall we—I don't know if you'll be able or prepared to ask this next question, but shall we as human beings be permitted to discover antidotes, if I could put it that way, to the force of gravity, so we can overcome gravity?

That will not happen, that will not happen.

Les: Because again we could prostitute it for warlike purposes. So we wouldn't be allowed to discover it—

There may come the time, when the information is available, but it will never be put to practical use, it will not happen, let me tell you, it will not happen.

Les: Well I personally am pleased to hear it, because I can imagine the disastrous results which would occur. Any other questions for Salumet?

Mark: Could I just check my understanding. What I understood was that it would be possible for someone to recall the picture of Christ, but this isn't actually the picture here, this is actually a group composite of what people think he should look like?

I can tell you that is what it is yes. It was materialisation in the sense that you understand it, but you need to understand that these thought energy patterns, can be utilised and that is what you have there my friend.

Mark: Thank you.

But do not doubt it was materialisation, in a form.

Les: And I believe that materialised persons such as that are able under the right conditions, to speak to us, are they not?

Materialisations of people from our side of life, can communicate. The interaction of your earthly matter, with refined matter, makes this possible, as I have said. So the form can be felt, they can speak, they can be seen—yes of course.

Les: Yes and I think that is the clearest most concise explanation of materialisation, I have ever heard or read and I do thank you for it, well we all do.

I wanted you to understand just a little more. Too often it is said, 'Oh it is ectoplasm—' It could mean anything to you. I want you here within this group, to understand fully what is right. And this I hope, simply, is what I am trying to do. *(general thanks)*

Les: And that is our wish of course, to learn what is right and I repeat, we are extremely grateful to you for the explanation, it's the clearest one I have ever had and I think anyone else has ever had. *(general agreement)*

Too much is spoken—too many words in explanations, which to me, is wasted energy, because it means *nothing*. If you cannot use words to help, then best to leave then alone.

Les: Quite, and in all we read and hear, there are so many conflicting theories and ideas put forward, that many people have said to me, it's nothing but a mass of contradictions.

Yes , this saddens me, because it is giving false hope sometimes to peoples, it is giving false information and this is what we now—those of us who come to your Earth planes, and there are many, around your world—we have gathered this time to make sure that the TRUTH is known. It is time in your Earth's history, that *all* must be exposed that is incorrect.

Les: Good I'm very pleased to hear that because many have been disappointed when I have told them that your world is not an instant world of milk and honey and happiness. They have thought that they are going to Utopia, as soon as they die. This is because of what they have read in books, not realising that they are judging themselves each day, and fitting themselves for the place they will occupy when they come over, by their attitude in this life.

Of course, tomorrow you become what you were yesterday, simply that. How can you change? All you will do is leave your physical bodies behind, to expose to *all* what you truly are. It is simple, so remember you do not change. As you are, so you will be, when you come to our world—and not to be

placed in judgement, but to see yourselves as you truly have been, in all your many lives. You will see the full picture, when once again you return home.
Les: When we return home, you say we shall see all our many lives. I take it, it would be a composite of all those lives, would it?
Firstly you will see what you have achieved, what you have left undone in this life. But of course this life is only one part of the rest of your lives. So you will see it in comparison to all, you see? You will have the full picture, you will know what you have not done, or what you have achieved.
Les: So each life is effectively a brushstroke on the canvas and we can see what is undone?
You cannot separate them my friend, you are more than one unit, I have told you this before and when you return home, you will see how you shine or how you have become dulled, by those—how can I say, experiences of this life.
Les: Yes we are inclined to forget what you have told us, that we must think of ourselves as spiritual entities and not physical.
Yes I want you to come to know to know yourselves as a *whole* being, who is working towards that *greater* self, that *higher* self, which knows all things and to whom you will answer. You will not be placed to be judged as many think, but you will judge yourself. So keep this in mind always.
Les: I and I think everybody else, really love to hear you say/use the expression, *'when you come home.'* It's a delightful phrase.
Of course. What other way is there to say it, because that is what you will do. After all, your death is another path. That is why it saddens us to see you grieve when one of your brothers or sisters return home.
Les: It's lovely to hear it coming from somebody who lives there.
I don't say where I live.
(laughter)
Les: No, but within those realms.
I know, I am having just a little amusement, but of course I understand your meaning—yes. Now I think for this time I will take my leave. Remember what I have said, I will help you to remember your life together, which we have spoken upon.
Les: Would we have had all the previous lives together as a group?
No, no, not at all, not at all.
Les: No, I don't know whether we could bare that! *(raucous laughter)*
Let us first help you with the memory of this one, that amuses you all so much. So when next we meet, I am sure I will join you too, with much laughter.
Les: Good, that's lovely. I do have one question, which is not relevant to what you have been saying, but it keeps—I'm constantly being given it to ask you, so if you'll forgive me I must: One of our ladies here suffers continually from a bad back. Are you able to give her any advice as to how she can deal with that?
She wants advice—yes let me tell you, this lady needs to be gently stretched. Her spine is a little 'out of sync,' you would say and I know she has seen many people, but the degree it is out is very minute, but enough to cause problems. It would do her well to find someone who works upon the feet. I do not know if you have someone here who does it?
Les: Within this room?
No, within your circle of friends.
Dawn: I do Reflexology.
Well this is what I say can help. It is a slight, I would not say twist, it is slightly out of sync in the middle area of the back, not where she feels the pain, you understand?
Les: Yes thank you.
Can we leave it with the lady?
Les: Yes I'm very grateful to you and I do apologise for bringing in such a question, after a wonderful evening, but it was so insistent that I should ask.
Not at all I am here to help you all.
Les: Thank you very much indeed. Well we give you our love again, God be with you and we look forward to our next meeting.

There then followed a light-hearted communication through Eileen to finish the meeting.

~18th September 1995~

This week Salumet did not speak, but arranged for a guest speaker through Eileen—one who protects during ***Astral Travel:***

I ask your name.

Les: Leslie Bone.

Thank you, that is what I need to know.

Les: And you are the colleague our friend Salumet said would be speaking to us tonight I believe.

That is so.

Les: Well may we all welcome you sincerely and with love.

Thank you, I have taken some time for readjustments. I do not find it so easy as the one who comes to you.

Les: No of course you wouldn't. He has had much practise now.

I have to tell you, I was reluctant to come at first, but now I have seen that herein lies an opportunity to instruct.

Les: Yes please, that is our wish that we shall learn and be instructed.

I want to say to you, it is good to be within a lighter vibration than normally I work in.

Les: Is that so? You do this work frequently?

I do not, I have chosen to come this once, because I think you might find it instructive and because I have been asked to do so.

Les: Well we do appreciate you making the effort and I hope you feel our love and sincerity around you. I think you would not have come anyway, had you not been sure that you would have found such here.

I have been told by the one who comes to you, that this would be a lesson for you all, if I would agree to come this once.

Les: Thank you.

So now you are wondering what it is I do.

Les: Yes we are.

I can feel, 'Why should he be in lower vibrations?' Because it is the pathway of help which I have chosen to do.

Les: I follow and I'm happy to know that this is somewhat of a lighter experience for you.

I have been instructed that talk has been given on those who travel from their bodies when the soul departs yes?

Les: Yes.

I am one of those helpers who try to protect such people, because they do not fully appreciate what dangers are around them.

Les: I can understand that and I do thank you for the protection you offer.

Now you begin to realise my work is within those lower realms.

Les: I do understand now yes thank you. I don't know whether my colleagues have been trying to induce Astral Travel during their sleep. Have you been trying anybody?

George: Not with any success.

Les: No but you have been trying.

George: Yes.

Yes, but within the love of groups such as this, there will always be protection.

Les: Thank you.

And I am one member of such groups.

Les: So we could all make efforts to cultivate Astral Travel during our sleep, knowing that we shall be protected, am I right in saying that?

Provided it is for your spiritual, that is to be understood by you all.

Les: Yes indeed it is.

Let me tell you, there are those who are anxious to influence those souls who are travelling and know not where they are. They will latch ON to any opportunity, which comes before them.
Les: I see, so we could be instrumental in them latching onto us, unless we do the work properly.
Unless you have your protection and that is where my work begins. Not only do I protect those stray souls, who wouldn't normally be there, but I am there to try to influence those souls for 'good,' instead of negativity which surrounds them.
Les: So you have a dual responsibility in that case then? ***(I do.)*** Now I wonder if you can give us any suggestions as to the best way in which we could induce astral travelling, for the right purposes of course.
I have to say, there is no one set way, only remember you are all individuals on differing stages of development you know. But when you want to travel, I can offer you some suggestions, yes?
Les: Yes please.
I suggest you try, just before your sleep state, when your consciousness is raised in any way; because as you know, you do leave your bodies in sleep state, under protection. But to do this willingly, firstly you must retain good thoughts, you must retain what you are trying to achieve and why you wish to do so. Once this has been ascertained, then I say, you need to lay prostrate, you need to have your limbs relaxed, you need to focus your energy on love.
Les: Yes I see.
I would suggest that you try to elevate that aspect of yourself, by firstly visualising yourselves looking upon your shells—that is your first step. You will not achieve it quickly, like all things, you need practice. But once you have achieved this, then I say go a little further, go a little further, take each step carefully and slowly.
Les: And always ask for protection, before beginning any way at all.
You must focus on that light of love. Please, I ask you most sincerely, do not attempt to force that from your body, unless your thoughts are right.
Les: Yes we understand.
But I am not here to teach you the mechanics of travel, I am here to tell you of my work.
Les: Thank you very much. I'm sorry if I asked you to digress from what you wanted to say, but we are all sincerely interested in doing this work, in absolutely the right way.
I ask for a moment just to balance energies with this one please.
Les: Yes of course, we shall wait quietly for you.
That is better, thank you. You say sometimes it is difficult to keep, how you say, an even keel?
Les: Yes, is there anything I can do to help you? Is the light too bright, or would you like it lowered?
No, conditions are fine, it is up to me to keep the balance, but I do thank you for the offer of help. Now, let me continue. I know you have a fear when you hear of our 'lower regions;' it is natural that this should be so, but let me tell you all, that the majority of you people upon this Earth plane, will not even see any such beings, because you do not belong there. We have a situation of souls who have gone terribly astray, within their assigned lifetime. Sometimes these souls become worse in each lifetime. Can you believe it? So many opportunities given and each one destroyed.
Les: It is difficult to believe.
But it is so. Let me tell you, once the soul strays, it is difficult for them to come back to that goodness and love, which is their right. So when we have these 'distressed souls,' I like to call them, because they are lost within their earthly lives, but when saying that, I don't mean lost forever—never, never. That is where my work comes into play. There are many of us who willingly go down to these lower realms to help such peoples. You already understand that like attracts like, do you not?
Les: Yes we do.
I have been told you do.
Les: Yes, we have had many examples of it.
In this way, they are attracted to their own kind. It is a pitiful sight, but yet we do not abandon them. Sometimes it is difficult to get close to them, but always we will continue to try. I wish I could express to you all, what these regions look like. If you can imagine a bottomless dark pit, with neither light, nor love or happiness, then you begin to have some inkling, of what these distressed souls are about. *(voice*

becomes louder/almost booming) ***And because of the intensity of this work, it calls upon souls who have much strength and knowledge.*** ***I do not mean that to sound how it must to you.***

Les: No we don't think so for a minute. We appreciate that you must have had tremendous strength in the other direction, in order to be able to do it.

We travel some way to help these souls, because you see, we need that knowledge and that strength, to be able to help them.

Les: I can quite understand that you would not be able to, unless you had been occupants of what we would call, '*The Higher Plains*,' where such knowledge and strength is obtainable.

I would like to think I come from a Higher Plain. I just say I have more experience and knowledge, but I wish I could say 'Higher Plain,' but of course I understand what you say to me. And yes, because it would be too easy to be drawn into these great depths of despair.

Les: That's what I was going to ask you, it would be possible for you to be drawn against your own will?

That is why we need to go back from whence we came, to replenish that strength and that love, which is our own entitlements and we do so often. But there are many such as I, who find great strength in doing this work. But I would say to you all, this is my chance to try to help you. ***Whilst you inhabit these earthly overcoats, nurture that side of you that is good, that all-consuming love, you should share with each other, because it is too easy to turn your back on that love, which is your spiritual right.*** ***And so we see these fallen souls, who come in despair and I tell you, I can hear them now cry out. They want to leave such despair behind and yet they will not accept help. I know that might be difficult for you to understand, but it is so.***

Les: It is difficult to understand, because if they've been crying out as you said and I believe what you say of course, I should have thought they would jump at the chance of accepting your help.

No, they want to leave the conditions behind, but they do not want to change, that is the difference, can you see what I am saying to you? *(Yes.)* ***They do not like the conditions, but they have not reached the state where they want to change for the better.***

Les: Are you able to influence them in any way to do so? I know normally you are not allowed to interfere, because free will comes into it, if they want to stay they stay, but I wonder whether under these conditions you would be permitted to offer them help?

That is exactly what we do. It is a subtle thing; we surround them by the love energy, which penetrates their darkness. Very, very slowly, they come to the realisation that there is more to them, than at first they have accepted. It takes a long time. Normally, if someone has reached that stage of regeneration, then they will not come forth so quickly. I am not speaking of the realms where people have done minor misdeeds, you understand? *(*Yes.) ***That is different. We are speaking of those realms, where many, many are reaping their rewards if you like. That is rather a sad way to say it to you, but that is what is happening.***

Les: So they have been responsible for sin and evil, perpetually throughout their lifetimes.

They are the evil-doers, of probably more than one lifetime. You see, it becomes almost like a disease to them. The evil of one lifetime, carries forward to the next, until such a time, that—I will not say 'pure evil,' because there is a spark of love within all—there has to be, that is the Universal Law. But let me tell you, they are close to as much evil, as you could possibly imagine.

Les: It must be extremely rewarding to you, when one does decide to come out of the depths and be taken away.

Can you imagine the sunshine after the storm? *(Yes.)* ***The smile that is placed upon your face, that is how we feel. There is much rejoicing for one soul to leave that behind them. Once that spark is there, once our influence enfolds them, then indeed we are overjoyed.***

Les: I'm sure you must be. We know only a little of your feeling, from what we call the 'Rescue work,' we do here—assistance for those who are not in the greatest depths, but who are in what we call 'Limbo,' and then wish to come back and learn more. We know the feeling of joy, when they do accept their new conditions.

If you can feel that joy, then feel it, feel it one hundred fold, that will give you some indication of the love that abounds. It is difficult work, it is sad work at times, but the joy compensates so much for it.

Les: I'm sure it must do.
That is what makes it so good.
Les: And it is work you volunteer for?
Of course, no one—*(pause, then more strongly)*
No one would be made to do such work, it has to come from the heart, it has to come from the necessity to grow, it has to come from those of us with strength and with knowledge.
Les: Quite. Do you work as a group, or are you able to go individually, into these depths?
I have to say both. We have the ability and the knowledge to work individually, but I believe you would say, a back-up team, yes?
Les: Yes that's right.
Yes, that is how we work. Always there are others to hand.
Les: I should think it must be an essential part of the work, to have a back-up team?
But sometimes one individual spark of love, is all that is needed to help those, those so much in despair—but sometimes you can approach them individually. When I say individually, I don't speak as you imagine, in an individual form, but in the form of love energies and vibration—that which can be exuded and can be given to one individual.
Les: Would these people to whom you go, see you as an individual, or just as light and energy?
We would decide what would be best for them, but normally they are drawn by light and by a love energy, which is difficult to describe to you, if you are not aware of it. It is a brightness, it is almost like heavenly music to the ear who wishes to hear, to the one who seeks to leave behind all that he has done, that he is ready to make amends for those evil doings.
Les: And because of the essential spark which is always within him, then he would feel a reaction to what you are radiating to him.
Yes, that is what he does react to, it is the love energy. That is what draws him away from all the negativity, from all the evil doing that has occurred.
Les: I should imagine that sometimes he is not even always aware of why he is being attracted to the energy you are sending?
You are perfectly correct in that assumption. Once they are drawn into this energy of love, then work can be done, on a different scale. And of course they are not always aware of what is happening. But let me tell you, their awareness that they have left something behind them, is great—that awareness is great and only then, when they have left it behind, can they begin to understand just a little, where they have been.
Les: I see, so it's slow step by step, according to the circumstances of each individual.
I cannot generalise for you, because each case is individual.
Les: You must have been doing in our terms, this work for a long, long time, in order to have achieved sufficient strength and knowledge to bring to it?
It is work that is not readily acceptable to many, but to those of us who do this work, there is much to be gained spiritually, not only for those lost souls, but for us. It is a big step, I have to tell you.
Les: I would imagine it is a tremendously big step, because you have to do the work, without it being primarily for your own spiritual development, don't you?
We would not grow if that was what was in our minds and you know by now, ALL is known, all is known—you cannot pretend in our world, because you are exposed.
Les: That's what I was saying, it must be extremely difficult for you, because you mustn't think along those lines and yet you have a job to do and it sounds almost condescending, I don't want it to, but I think you'll understand when I say from what you have told us, we all marvel at the work that you do, just for the sake of doing it.
There comes a point in development, when thoughts of that nature, barely exist. There comes a state of being, when your own individuality becomes less important, when what is truly important, is that each soul develops to that love which is truly theirs. So that becomes the ultimate objective.

Les: Yes, and though we can't fully understand it here, we do accept—it sounds paradoxical, but we do accept that by assisting others to find their spirituality, since we are all of necessity part of each other, then you are automatically developing your own spirituality, without having to think about it.
Of course, that is what I want you to understand, that has been my instructions for you to know and to understand.
Les: I think we do.
Now I have to say, how much it has given to me, to have joined you all. I thank the one who asked me to come. I thank you all for your love and your tolerance of me.
Les: It's no tolerance, we could listen to you all night.
I have indeed learned much. It is a joy to be with you, to experience your love in silence, because sometimes the work that I do, if you can believe, is full of noisy, noisy vibrations. They almost pierce you like an arrow. So to have spent this short time with you, has indeed empowered me more, with great joy. I thank you all and now I must take my leave.
Les: We all do must sincerely thank you, don't we? *(general agreement)*
And forgive me if I leave you with this, I don't think we will meet again.
Les: I'm sorry about that.
It is meant as a complement, because you will not come where I work. *(laughter)* ***I don't have good earthly humour!*** (more laughter) ***It is my little joke to you all. But now I really must depart.***
Les: Well if it were ever possible and you had the wish to come back, please know that you would always be more than welcome.
***I thank you, but I know I shall not return*.**
Les: No, we do understand and again we are grateful for the time you have spent with us and the information you have given us. We can only wish you great success in what you do and say *God bless you.*

~25th September 1995~

Good evening.
Les: Good evening. Would everybody acknowledge please?
All: Good evening.
It would be beneficial to give me just short time longer.
Les: Certainly, we shall do that. Thank you.
That is much better, thank you.
Les: Thank you, we shall make shall you get a little time longer next week and in future. I'm afraid it's our impatience, or my impatience to have you with us, that's responsible.
I accept your impatience with gratitude—thank you. It varies of course with power available and other incidences which must be taken care of.
Les: Yes I understand.
So there can be no set time made. But I try to keep within your time boundaries, because I know your time is limited. Now firstly let me say you all have had much to think upon this past week.
Les: You're right we have.
Yes I thought you would be most interested in the speaker who came to you.
Les: You're quite right, I think everybody was extremely interested and it was a great deal of information, which will be useful to us and which we have not had before.
It is the tip of the iceberg, as far as your information goes, but we must take it slowly, as I keep reminding you. But I know impatience is something you Earth people are endowed with. So perhaps here we have a lesson in patience. Now I want to welcome the one who comes from over your seas.
Les: Thank you, my daughter, thank you very much for your welcome.
I am aware of who she is thank you, but I wish to say, her thoughts over past times have reached me. In fact, I think at one point she was almost aware of me. But of course she did not fully recognise what was happening. But let me welcome her here.
Les: Thank you very much.

I have to say, just a little about this one. She has trodden a hard pathway this time. Many things have been left unspoken. But she—and I know of what we speak, but I will say to her, she has reached that point within her lifetime, when things will improve.
Les: Thank you very much for telling her and thank you for your kindness.
She has been guided throughout many years, by her maternal grandfather.
Les: Is that so?
Yes, he does not wish to be made known at this time, but the opportunity will come, when he comes to her, to make himself known and the guidance with which he has endowed upon her. I know she is surprised by this information, but she should not be, there is a deep bond there.
Les: You are quite right, there was, or *is.*
I thank you, you are learning—there *is.*
Now, I will leave it there, but rest assured, she will end this lifetime, a much stronger person than when she came into it.
Les: Thank you very, very much for that, I do appreciate it and I know she will.
Now I would say to you, let me have your questions, because this time I would like to leave some time for others to speak, if that is acceptable to you.
Les: Yes of course, who would like to start the questions? Anybody?
Dawn: I would like to say something. I have somebody for *Hypno-analysis*, who suffers from panic attacks. Can you give me any guidance on this, the trouble seems to be linked to his father, am I right in this?
Let me say, this young man you speak of, is indeed a sensitive soul. You my dear friend, let me speak a little on the therapies that you use. You are a good councillor when the opportunity comes, but you are rather hesitant when it comes to that inner knowledge you possess. You are correct in your assumption, that the problem goes deeper. Take him back to infancy, take him back those steps further, to find the real cause. Does that help you?
Dawn: Yes, thank you.
You, my dear child, must be more positive in the help that you give to those people who come to you. You have a knowledge within you, which must come more to the surface. You are a good councillor, do not forget this. *(Thank you.)* **Also I will say before I leave you. In time to come, there will be brought to you a child, a girl child, who will suffer many problems. Again I say to you, take her back to infancy. Please keep this in mind. She will be blond, blue-eyed child.**
Dawn: Yes thank you.
Now, are there more questions?
Sara: I have a question: My stepdaughter Ashlea, at the moment she wants to behave like a baby. I don't know how much to indulge her in this and I'm not sure why she wants to do this.
This child we have spoken about before, she is highly sensitive, very exceptionally so, I would say. I will say this to you, as much as you feel you can, indulge this child in her fantasies, because that is what they are.
Sara: Right, Okay so it won't effect her.
It will not effect her, no. Please allow her scope to find herself.
Sara: I want to do this, a lot of people around me don't agree, but my intuition tells me that she wants it and it's harmless.
Yes, you follow that intuition because you are right. The others around I have to say, are incorrect in their feelings on this child. She is a most beautiful soul you know.
Sara: Yes I know she is. I've been struggling a little to find my way with her.
But she gels with you very nicely.
Sara: Yes, so it is good to play with her on a child level?
Yes, why not? After all, you should all be childlike sometimes, it brings you back to basics.
Sara: Yes that's what I think.
Les: I think we all are without realising it sometimes.
Of course, why not, there is nothing wrong in finding your own identity.
Sara: Yes, right, thank you.

Les: Now if I might ask you about my own son, who last night was given some very wise information from your side, because he does suffer from an excess of emotion, which he finds difficult to control and he gets very annoyed with himself, because he cannot help people in the way he would like to and it becomes almost an obsession with him.

Yes, this young man suffers from guilt, that is why the emotions are so rife. It is a guilt that goes back some time. We have to look further back within his life pattern, to find the true cause. This emotion which surfaces now in this lifetime, is something he has to go through. He knows within himself, the answers that he seeks. I cannot tell you what he must do, but if he will only give himself the time to sit quietly, *he* knows what he must do. *(Does he?)*

Of course, you must be aware of this my friend.

Les: I am to some extent yes, but I didn't want to presume that I was right, if I was wrong. The guilt that you speak of, was that incurred in his present life or in a past life?

This guilt is carried forward from a previous existence. He wants to help, but always he will find something that is more important *in his mind.* But he came here this time to solve those problems and those he must do by himself.

Les: Thank you I appreciate the information, I shall pass it on to him.

He will come to the recognition that the help to give to others must be uppermost in his physical thinking. There are ways and there are means, but firstly you must open yourself up to those opportunities presented to you. It is no good being offered something if you push it to one side and then say, 'Why am I not given this?' Can you see the comparison?

Les: Yes I can.

I am simplifying matters of course, but I am sure you can find the words to explain to him.

Les: Yes with your help, I'm sure I shall and I shall be pleased to do it, because I would like to help him, it' a very real problem with him.

I will try to influence him. I cannot change his life pattern, you know this, but I will try to invade him with our influence.

Les: Thank you very much, that's kind of you.

If only I could show you all the pathways you should travel, but of course I cannot. I can instruct, I can influence, but I cannot change it for you. *You as spirit* must recognise those things within your life, which need to be changed, which need to be worked upon. Therefore you become much better people for it. I know this is hard for you to take sometimes, when life is difficult and all seems darkness. But remember, darkness is temporary and soon the light follows.

Les: True. Well thank you very much for that Salumet, I do really appreciate it. Now if I could ask, unless anybody else has a question? I would like to go back to our friend of last week and his talk of work in the lower realms. Would there be—we quite understand that interference in another person's life here or there is not permitted as a rule, but would there be any circumstance where interference would be considered correct, in order to help a soul in those terrible conditions?

I am not sure what you mean, 'exceptional circumstances?'

Les: Well, you would know better the reason for which a person is confined to the lower realms. I accept that it is his/her evil wrong-doing or actions that has caused him/her to be there, but would there be any circumstance which would enable you to help by interfering with his sojourn there and bring him out of it?

There is only one reason why we can help those in the regions below, as you think they are, but of course you are surrounded by it. But let me explain a little: Those who help those souls, are guided from those *higher beings.* When first they accept their role of help, it is *very* difficult for them to see such tortured souls and they cannot step forward to help them. There *has* to be recognition by the soul in question, that they *need* and *want* to change. That is the only criteria for help. If you mean, that can they step forward and choose one soul from the others, then I would say to you, no.

Les: I see, well that answers my question. Thank you very much.

The soul himself needs and has to cry for help and as was explained to you last time, just crying for help is not enough. There has to be a change of *attitude*, there has to be a *want*, a *forgiveness* within that soul. Once that is recognised, then those who help can go forward, to separate them from the others.

Les: I see, it still comes back to the fact that any sort of interference is not allowed, unless asked for.

Not allowed. There is the temptation sometimes I am sure, when so much distress is seen, when souls cry out for help, it is only natural that you want to reach out to touch, to help, to cradle them. But the reason for help has to be a *genuine one*. I know this may sound harsh to you listening, but believe me when I tell you, they are surrounded with a love energy, but if it is denied and rejected, there is little that can be done for them. It is not that they are left unaided and unloved, that is not true. Indeed, the love energy flows around them, but remember it has to penetrate the very depths of their soul.

Les: Yes I do understand that.

I hope this has explained it further for you.

Les: Yes it has. I didn't think it would be allowed, but I don't presume to find answers for things of which I am uncertain, which is why I asked and I do thank you.

I welcome your questions, it shows that you need to expand your knowledge of spiritual matters. Now I will say to you:

My blessings go with you, in all that you do. May you pass that blessing on, to those you come into contact with.

I will leave you this time, with my love. And now let us see who wishes to speak.

(general thanks + fond farewells)

A communicator then came through Sue and explained that they were attempting to transfigure the face of the medium, so that everyone would be able to see who was actually speaking, rather than Sue's face. After sitting for 15 minutes in silence, they explained that it was not going to happen on this occasion.

~2nd October 1995~

Salumet did not come through this week, as Eileen was away. So we had a discussion amongst ourselves, about spiritual matters and the teachings so far. After a while, there was one through Les, triggered by a question from George:

George: Perhaps we could talk about the geography of the various realms in relation to Earth plane. I've got a mental picture, that we are all primarily spirit beings, we have a life on Earth plane as a small part of our spiritual development, and I've got a picture of ourselves here on Earth plane and if one could think of it as a diagram, perhaps wrongly, with a number of spirit realms, with a number of spirit realms, with the lower spirit realms being lower than the sort of lot we have here on Earth plane and the intermediate spirit realms, progressing to higher spirit realms and we believe that St. Paul wrote an Apocalypse, where he had a vision, it didn't get into the Bible, but it did turn up, but he described a passage through ten of those spirit realms, so yes, there are more than seven. Anyway perhaps we can't count them, perhaps it would be wrong to count them, but there are a number of spirit realm levels, shall we say, and then there is what some books refer to as the 'Oneness,' or the 'Beyond.' Now, I have the picture that it is not necessary to reincarnate from the Beyond, but Jesus did on a special mission and that is the only condition where one would reincarnate from there to Earth and when he says he is at one with God, that is a reference to him being up there in the Oneness. Now, there are other masters who walk the Earth, like Sai Baba, Mother Meera, Mahammed. Now I suspect, and perhaps you can correct me if I'm wrong, but I suspect that they would not be from what one would term the Oneness, if that really is just one, without further strata, I don't know about that, they would be from somewhere advanced in spirit realms, but perhaps not quite up to the Oneness where Jesus came from. What do we all think about that, or what do you think about that Les? Could I put that as a sort of question?

(lots of deep breathes from Les)

My friend, I understand, but I do not understand your speech. I understand what it is you wish to know, but I cannot understand why you still wish to know. It has been said that you must consider yourselves as a whole, AS A WHOLE. Your Masters of which you speech, were no more and no less belonging to the 'Oneness' as you call it, than are you, who belong to the Oneness. You do not seem to understand that you are part of the whole, therefore the whole is part of you. You will try to separate the pieces into pieces of a puzzle, which you can never within this physical life, hope to place together correctly. Do you understand me?

George: Yes thank you, yes—
You place far too much importance upon the appearance of a Master on this Earth, or upon other places which exist, and of which you have no knowledge. Those Masters performed a duty which was required of them at the time, as each of you here are performing a duty required of you at this time. The duties of the Masters, were proclaimed to them, because of their spiritual awareness was higher much higher, than those whom they were sent to teach. You in your turn, you may not believe, but are of equal importance in the scheme of the universe, as were those Masters. It escapes your memories perhaps, it escapes your thinking, that those Masters at one time, were in the same stage of development as you now are. Do you understand? *(general agreement)* ***So I beg of you please, do not try to think of the universe as a piece of confectionery, from which you can abstract one almond, from which you can take one piece of fruit, from which you can take one grain of flour. If you do so then you have no cake do you?*** *(general agreement)* ***You destroy the very thing you are trying to analyse, is that not so?***
George: Yes, so we have tried to do too much analysis?
Concentrate on feeling, concentrate on thought and above all, far above all, concentrate on learning how to give and how to acquire love. Love binds the universe, as the oven binds the ingredients of your cake. Think only of developing love, love, love. You will not succeed, it is not possible for you to succeed fully, but the trying to do so, is in itself success. Do you understand?
(general agreement + thanks)
I trust my visit has been of help to you.
(general agreement + thanks)
I offer my blessing, I offer my love, which I also had to learn how to acquire and how to give and which I am still learning and shall learn for much time to come.
May the Great Creator guide you and guard you and let his love pour upon you.
(general thanks + farewells)

~9th October 1995~

Good evening
All: Good evening.
Les: We welcome you again.
I have no need of your welcome, for now I feel it much more strongly, than in previous times.
Les: We're pleased to know that.
I wish to say to you all, that there is a slight alteration of this evening's work. Whilst I speak to you, I ask if you please, that the instrument being used here is watched. We have spoken to you about transfiguration.
Les: Yes you have.
This will to attempted this time, throughout this meeting.
Les: Would it effect you at all if I increase the light a little?
I would not mind, provided it is not too much brighter, but if circumstances are difficult, then of course I will adjust to it.
Les: Thank you very much, then it will enable us to see what is happening much more clearly.
Of course.
Les: As you know our eyes are pitifully weak compared with yours.
Yes, I feel you have not been using those spiritual eyes too much. You should be developing them, all of you. But of course, that comes again within your free will.
Les: Yes, I'm just going to increase the light just a little. Is that too much for you?
I can readjust provided the instrument is comfortable, and she is. But please do watch because much is being attempted this time.
Les: Right, thank you. I'm going to ask someone else to watch also, whilst I am speaking to you. Who would like to volunteer. *(Mark)* Right can you bring your chair forward please.
Please interrupt me when this should occur.
Les: Yes I certainly will.

I wish all of you to see what can be achieved.
Les: Splendid. I'm right I believe in what I said, that it will last rather more than fleetingly, it will be possible for everybody to see it?
If correctly done it will last, but of course you understand, many conditions make it possible to work, so therefore we have many problems to overcome.
Les: Of course yes, thank you very much.
Now may I continue?
Les: Yes please.
I wish to speak to you this time, about a subject that is close to you. I hear you so often, with the wish within your hearts, that you could tell ALL of this knowledge and truth, which you have come upon. But I want to say to you, a cautionary word, I think you would say:
You cannot impose your knowledge upon another.
Les: No, it has to be sort by them, I agree.
You cannot infringe upon their own spiritual knowledge, you cannot make them be further along the path than what they are at this particular time in their own development.
Les: I see, I understand.
We see and know the love and the wish that you all have, to spread this truth. The desire is good, but be careful that you do not encroach upon another's free will.
Les: Quite.
I say also, do not be despondent if what knowledge and truth you give to another, is rejected. That is their pathway.
Les: Oh yes, that we understand also.
But that does not mean you should not try to spread the word. What I say to you is, use your spiritual knowledge, to know, to understand and to respect the view and the spiritual pathway of your brothers. You follow what I am telling you?
Les: Yes I do, but we must accept that we are free to give of our knowledge and information, if it is requested by another?
Yes, you will fully understand when another is ready to receive.
Les: Yes, because I am of the opinion that by giving what we know, it is often possible for us to learn in return.
Of course, but the danger lies that you would encroach upon another's free will and this you must not do.
Les: Quite, no—
I would, I'm sorry if I interrupted you.
Les: No, please continue.
This also applies within the healing that is given. You must be careful that you are not forcing healing thoughts upon another, if their desire is *not* to have this. I know this may sound contradictory, but I hope you can understand.
Les: No, that is what I have said many times myself, we can only offer, but cannot coerce.
Yes, sometimes your love for another is overwhelming and this I know, you will find to be a statement which puzzles you, but it can be so. Always ask that *Great Godhead* as you call it, for understanding, for direction and for guidance, before giving of yourself and your thoughts, to another.
Les: Thank you, yes we shall all remember that I'm sure.
Now, I think I have spoken, I hope you have understood my words. I tell you these things for your own growth, for your knowledge and for this *'GREAT TRUTH'* for which we must strive.
Les: Of course you do, we do understand that, and we appreciate you telling us.
Now, do we have questions this time?
Les: Yes I do, I'm going to ask you to bear with me because it's rather longer that usual. I shall have to read it: We know that any deity however named, is not a person as such. Now you have told us so much about different energies and about the intelligences within the universe, that I wondered if there is such a thing

as an intelligent energy, devoid of any form of life as we know it. Is there such a phenomenon and is that what we would call God?

My dear friend, perhaps I should have expressed this knowledge fuller from the beginning. Of course I have spoken many times of energies—many, many times. I have spoken of the many religions within your world, I have spoken on the differing names that each peoples call the one they so worship. All of these names matter not, because you see, the very life force which you call God, is an intelligent force. How could it not be, how could there not be a perfect energy, to have created all that we have?

Les: This is what prompted the question, I thought there must be an intelligent energy.

We go on to deep matters my son, but let me say this to you:

No one, *no one* has ever attained such perfection, as to come before this *'Intelligent Force,'* as you have called it.

Let us use the term to supply these answers to you question. Within spiritual worlds, there has to be perfect laws, there has to be an intelligence behind them, for it to work, can you not see that?

Les: Of course yes.

I am pleased you can, because so many cannot. You all are very sparks of this *Intelligent Force,* all of us, whether of this world or not, all of the cosmos comes from the *Intelligent Force*, as you call it.

It cannot be otherwise, *it cannot be otherwise.* But rather like each drop in the ocean, each drop can never fully understand what part it has to play, within that greater thing, can you understand?

Les: Yes, I have used that analogy myself.

All of you are so important—it is that very spark within you, that reaches out for that *higher intelligence*, which you call Spirit, which is in fact only another word, for the truth of a search for that returning '*home*,' of which I have spoken.

Les: Quite and to follow through what you've said, it requires all the drops to make the ocean, otherwise the ocean couldn't exist.

There has to be perfection, there has to be that reaching out for attainment from you all, to create the perfection of you all, can you see?

Les: Yes I do.

I am trying to keep it simple, because we are speaking on matters beyond your comprehension.

Les: Yes I do understand that and I thank you for choosing the words.

But *'Intelligent Force,'* are good words to use. Too many upon your Earth plane see God, as you call him and many other names used throughout this world, as a figurehead personified, but this is basically incorrect. But I say whatever brings comfort to each and every one of you, then so be it. The Truth can only come to the fore, and this is what is happening within your very world now.

Les: Good. But even as a young boy, I used to feel that if God were a person, as I was taught, then by definition, if he was a person, it was impossible for him to be perfect, because perfection is beyond personalities.

What is personality? It is something endowed upon you, within the human flesh. It exists only within the human species, it is not something that goes forward, except for a very short time.

Les: This is what always used to puzzle me, the apparent contradictions.

There are so many contradictions—I have spoken upon this, even from those in our world, who come, who give you advice. So often we hear, 'Why does one contradict another?' Already I have told you it depends on their spiritual attainments. They do not lie, they cannot lie to you, but they cannot give you truth and knowledge of which they do not have some sense, you understand?

Les: Quite, it's quite impossible for them to do so.

Can you expect a child to give you information on details of an adult's life? It would be impossible. So you have the comparison between those you call guides, those you call spiritual teachers—there are so many differences between them. So do not be discouraged, accept what each has to tell you and do as I have told you before, accept only which you feel you should.

Les: Yes, true.

How are we doing here? *(regarding attempted transfiguration)*

Les: Any changes here Mark?
Mark: Well actually, I was going to say, maybe someone else should sit here, because I don't know if my eyes are playing tricks but—
No my friend no.
Mark: Sometimes it looks like it's changing, but maybe I've been looking for too long.
Les: Don't strain too much, take your eyes away and then look back, you see, give them a rest and then go back, switch them to one side occasionally, so you're not staring all the time, but you won't have any doubt about the change, if it occurs.
Mark: Right.
Do not doubt my friend, that it can happen.
Les: Well I certainly don't after what I have seen.
No, but we have others within the room, who would wonder, 'Is this possible?' Not serious doubts, but doubts that you have because you are human.
Les: Yes quite, they're our biggest stumbling block aren't they, our doubts.
Do not be too harsh upon yourselves, you have much to learn and I hope much to learn from me as time continues.
Les: We look forward to it, we are already learning a tremendous amount. I would like to add one further question if I may, to what you've told us: On the acceptance of that Intelligent Force, am I right in thinking that it is an intelligence, which is far beyond our comprehension, that ours is merely a limited term, for something that is unlimited?
I cannot my son, give you a word. You would not understand even if I could begin to explain, which I cannot.
Les: No, that's a good enough answer, thank you. I knew it was a very difficult question, but I felt that I had to ask it and for all my colleagues here also.
My knowledge does not extend to explanation of that all-powerful force.
Les: But it is perfectly permissible for us to think of it as an intelligent energy?
Yes, it has to be. It would not make sense would it, if there was not intelligence behind all of Creation.
Les: Quite, so if we think of it as an intelligent energy, rather than a figure of man, it's another step in the right direction?
Can I add one thing?
Les: Please.
Please do not try to think of the intelligent energy as something separate from yourselves. You are part of it, you are the very being of that intelligent force. So I say seek not something separate, but to become part of it.
Les: Well you have confirmed what was said to us at another meeting, last Wednesday, when I was asked if I had a question and I posed a difficult one I know. I asked if I could be given the recipe for eternal happiness, which I knew was an impossible question, but I was told that we should first look within ourselves and this is precisely what you have been saying, in another way.
Yes, let me add to that a little further: You will never find eternal happiness, whilst you are in these human frames. You will not find eternal happiness, even when these overcoats are left behind. There is much we have to learn. Our paths are long, sometimes tedious some would say, sometimes with unhappiness—remember there are many pathways, even once you have left the human form behind. We are speaking of aeons of time here. So if you want eternal happiness, seek that intelligent force, as part of your own being. Let it come from within, you understand?
Les: I do yes, thank you for confirming it.
You can never be completely happy, whilst on this Earth plane. How can you be? You are here to learn. You have to have the negative and the positive energies to go forward. Call that happiness and unhappiness, if you will, I see it in a different form, but you need both to go forward to grow, to grow spiritually. So if you seek happiness, accept all that comes to you within your daily lives, thank God, or the Great Intelligent Force, as we call it this time—thank him for all that you have to endure. I know sometimes this too is difficult for you. Why must there be sadness, unhappiness, grief, why is there so

much wrongdoing? But again we have spoken on these matters and I say to you, accept all that comes to you and you *will* be on the way to *happiness.*
Les: Quite. I suppose one's conception of ultimate and eternal happiness, can only be when we merge completely and finally, on an incomprehensible time-scale, with that Great Intelligence?
My dear friends, the time *will* come, but again we are speaking aeons of time, when the self, the ego, the individuality ceases to exist. Then you become part of that perfect whole.
Les: Quite, and that's an awful long time away—
I have to say, *yes.*
Les: Well at least we can take some of the right steps on the way, particularly with the help that you are giving us.
Within this lifetime, one reason why I have come to you, is to reassure you, that this time, your footsteps will walk straight and true.
Les: Good, that's very encouraging and comforting, thank you.
If I bring love, happiness, truth to just one of you within these walls, then truly I have succeeded in my task.
Les: Yes I'm sure you have and I'm sure it's going to be more than one.
But yes, I know that will be so. Now let us pause for a little while and let us see what can happen.
Les: Yes, well thank you very, very much for all you've told us tonight.
My very good friends, it has been a joy for me to be with you once again.
Les: It's very kind of you to say so.
I will withdraw for this time and allow some others to speak.
Les: Thank you. It's our great joy always to have you here.
Paul: Yes, our love goes with you.
I thank you. Remember I am with you always. My blessings stay with you, until we meet once more.
All: Thank you.
Les: Goodbye to you.
There then followed one through Eileen, with a message for Madeleine (Leslie's daughter visiting from Canada) She also mentioned an old school friend connected with George.

~23rd October 1995~

Good evening my friends.
All: Good evening.
Let us begin with your questions, because there is much work we would like to do with each one of you.
Les: Thank you, yes I have a question which I have been asked to put to you and I couldn't do it last week, so I'll do it now. I have been asked by a lady, quite an experienced member of our Wednesday group, who lost her husband a few months ago and had a most peculiar experience. She said that recently, as she was approaching sleep, she felt herself drifting away and knew it was not sleep. She was acutely aware of her husband with her and he told her that he had another daughter in spirit, of which she was unaware. When she asked him how this was, he said he was not able to give all the answers. Whilst he was speaking about this, she said that she felt physical contractions, as though she was in labour. Her question is: Is it possible for two spirits to be born at the same time, one taking on the physical life and the other returning immediately to spirit?
You put the question aptly. Apart from those born together as you would term twins, which is indeed two souls who conjoin together to be born at the same time, apart from that, the answer is 'no.'
Les: Thank you, I didn't see how it would be possible.
We have spoken on what happens briefly, before you come to inhabit these bodies. It has to be agreed beforehand, the conditions into which you place yourselves. That being so, it would not be within the natural laws, for these occurrences to take place, you understand?
Les: I do, thank you very much, I'll pass that answer on to her. The other question is, before I open the floor to others: I don't know, this is supposition on my part, but I don't know whether for any reason you were very close to me yesterday morning. I had been thinking of you actually, not calling upon you, but

thinking about your teachings and I had an almost overwhelming sense of joy and happiness, just as if the whole world had dissolved around me into peace. It was the most peculiar feeling/lovely feeling, I wish I could have retained it.

Yes, I have spoken to you all, to tell you I will always be with you, but I have to say your experience was not that of my doing, but of someone you have been told about in previous times, who you have been told you would become more aware of.

Les: Yes, well it was a marvellous experience.

I am happy to tell you all that the awareness within each and every one of you, is slowly coming to the fore. You, my good friend, have much experience in these matters and of course your awareness is such, that any happenings you trust, you trust your own instincts about them. Unfortunately with some within the room, they still doubt, but we hope to dispel those doubts as time goes by.

Les: Thank you, well I hope you can, because I could never wish anybody more happiness, than I experienced in those few moments yesterday morning.

My friend, you have earned it, I will say no more. There are many who come close to you, who surround you, who help you, uplift you. Many until now, you have been unaware of, but as time progresses, you will come to know them well.

Les: Well I certainly look forward to that, thank you for the answer. Now, questions anybody?

I would like to say I do not wish to spend too much time this evening on questions, because there are many here within the room, who are anxious to help and to use. I have said to you, that it is my desire that each and every one of you develops to the best of their abilities and this evening we hope to devote to this very task, if that is acceptable to you?

Les: Thank you very much, yes of course, we're guided by you every time of these occasions.

Again I thank you for your graciousness.

Les: Right, any quick questions for Salumet?

I never cease to wonder why these tongues of yours cease to function, when you come into this room. *(laughter)*

George: Well, I have one question, which might be a short one and perhaps it would fit in: I've been reading what I understand to be some channelled writings, about the setting up of a monastery. It is at the time when St. Columba sailed to the island of Iona. I've sometimes wondered if that was a chance land fall, but my readings have led me to believe that he would have been guided there and that was a place of old energies and the suggestion is that he re-awakened old energies there. Is there anything you can say about that?

I can my friend. Many of the people you have named and I have to say I am amused by the term 'Saint.' But let me continue upon this theme. The man you speak of, was indeed as you term, a Saint in your world, because indeed he was a man of spirit, who was guided by those beings who came to this earthly life with him. From a small child, this *being* was touched from our world. Therefore it makes sense does it not, that *all* that he did, while he trod upon your earthly world, should be guided? (Yes.) **Indeed he was. I cannot say that of all who are termed Saints, but in this instance, it is correct to say, I almost said, a Master of his time, but he would not have been seen as such. But his gifts became well known as you have probably read and as we have spoken upon briefly before, there are many areas within your world, which have energies which are special, if you like to term it that way. And yes, he was guided there, mainly to seek that guidance which followed him. That is why his footsteps trod that pathway, for the guidance he needed, for the rest of his earthly existence.**

George: Yes that's very helpful, thank you.

Let me say to you, if he is willing, I will try to bring him to you.

Les: That would be marvellous.

George: That would be wonderful.

He then can explain to you, his feelings whilst upon this Earth.

Les: We certainly look forward to that one day.

I will let you know beforehand, as I always do, when someone is coming to speak to you.

Les: Thank you very much indeed.

George: Thank you.

Now my friend, I ask that each of you, sit within the silence for a few minutes. I would like you to go to each person, and *please* do give what you are *feeling, seeing or feel as touch*. Nothing should be classed as imagination, or too trivial. Do you understand?

Les: Is that clear everybody? I shall coming round to each of you individually and if you experience anything while I am with another person, please say so quietly and I'll come to you, to exist the power, in what you are getting when you call me, clear? *(general agreement)*

There will be someone to speak through this one, but let us see what can be achieved.

Les: Yes certainly, thank you very, very much.

This is a summary of what each sitter experienced:

George: Hazy vision of seascape with rocky shoreline and felt something like fingers tapping lightly on his right cheek. *(facial cheek I assume!)*

Paul: Vision of a table and chair and also a pink cake with one candle on it—the cake being suspended in the air. Later he saw a lady holding the cake.

Sara: Experienced beginnings of physical control; head nodding, arms being raised and body being lightly shaken.

Margaret: Experienced feelings of power, happiness and peace—she became so immersed in feelings, she wasn't able to speak when Leslie spoke to her.

Debbie: Clairvoyance of her Guernsey home and saw elderly lady in long black dress and grey hair fastened in bun. She was former owner of house who loved feeding birds and had one perched on shoulder. Impressed Debbie with the feeling that she didn't want cats in garden because of birds, would continue to occupy house but wouldn't effect present owners.

Sue and Jo: Both controlled.

One then came through Eileen to give feedback on the evening's work:

It is a great honour for me to be here amongst you. I have been given the task of speaking to you all. I want you to know the joy, the happiness that has been brought to our world this night. I wish you could all see what you have achieved this night. You have allowed those of us on or side of life, to take one step further. Not only does it help in your development, but it gives those of us the opportunity to work with and through you.

Les: Splendid. I'm sure everybody will be delighted with what has happened to them and with them tonight and we do thank you for all the help that is given.

It will not stop here, we will return, those of us who wish to demonstrate through these good people. And I can say to you, without doubt, that the one we know as a Great Teacher, will allow this to be.

Les: Thank you very much. We are grateful to him also, for all his teaching.

I want to leave you with something to think about. Many suns and many moons have passed whilst you have been on this plane of existence.

Les: You're quite right.

Sometimes you feel—not too often, but sometimes you feel, too many.

Les: Yes—quite right too. *(chuckles)*

Yes, I waited for your answer. I was ready to have a DISPUTE! *(more chuckles)* ***But you foiled me—well and truly beaten. But I want you to know that there are many here in our world, who bow to you.***

Les: Well I'm honoured that you should say that. I know I still have work to do here, in spite of what I have said sometimes.

We know you have much to do—of course we do. And if you look closely, you will perhaps recognise me. Ah ha! Now you know me.

Les: Yes indeed I do my friend.

I have come to you on a gentle wave this time. You have not always known me to be so quiet.

Les: No you have been quite forceful I agree, but it's always been delightful to welcome you, in whichever way you come.

It has been my privilege to end this time with you. I give you my peace my brother. *(Thank you.)* ***Good, good, good. Now let all these children depart, with much to think upon.***

(general thanks/blessings/farewells)

~30th October 1995~

It is good to be with you again.
Les: It's lovely to have you and before anything else, I want to thank you for a wonderful evening last week.
I know it has helped to sustain some of you, until we have met again.
Les: Yes, everybody thoroughly enjoyed the evening.
It will occur many times, because it is important that you all become as one.
Les: We were certainly well on the way last week to that and we were very, very pleased to have your two colleagues to finish off the evening, it was lovely to welcome them again.
I know that whoever comes, will receive your warmth and your welcome.
Les: Yes of course, you do know what happens without me having to tell you.
Now, before we have your questions, I want to say just something please: There are times in your lives when all seems dark, when life seems troublesome and we hear your cries, 'Why why, why?' I want to say I have been close by to one within this room, who has shed many tears. I will not indicate which one, they know, but I say to them, all things occur for a very, very good reason. If *only* you could accept those happenings within your lives and understand truly that you have been the instigator of those events, then life would seem so much simpler to you.
As doors close within your lives, let me reassure you that another opens for a much better reason. So do not hold on to your despair. By all means allow the tears to flow, but then release them, go forward, go onwards, because *all* is infinity.
I want you always to know this, I want you all to have the understanding of this greater being, who is part of your own being. Allow it to come to the fore and all of life's problems will become insignificant. You understand my words?
Les: Yes, it bares out what you have told us a number of times, that we must learn that we are basically spirit beings and the physical body here is of little importance to our development and it's interesting that yesterday evening we had some people here, a lady who does give a lot of information, I have mentioned her before and we had to advise him, on the need to recognise the spiritual aspect of ourselves rather than the physical, because the gentleman was involved in one of the eternal triangle problems and was hoping to be told what to do. He was told what to do, but not in the way he was anticipating.
This is the hardest thing for you all to grasp, that you cannot have interference within this lifetime, within human frames, otherwise what will you learn? Nothing. If each step is placed before you, would not your pathway be too simple?
Les: Yes it would.
You *have* to learn your life's lessons, you *have* to fully understand and accept them, not as the physical problems as you see them, but as that growth of the *real* you, of that *spirit* of which you all are. That is what is important and this is what is so hard for you all to grasp.
Les: It certainly is hard and I know the gentleman to whom we were speaking last night, will find it so. But I have to explain the difference between the physical and the spiritual and of course in these matters, then the argument is constant and always unresolved, unless we accept the emphasis of the spiritual necessity.
There never will be harmony within your human lives, without that inner knowledge and spiritual faith, which you all have. You cannot have it, unless you reconcile each part of your beings, can you not see and understand this?
Les: Quite, I think we do understand it.
Even those of you within this room, whilst in the conditions of these meetings, of these spiritual happenings, all seems to be clear, but once you go your separate pathways, you go about your daily lives, sometimes these thoughts can go astray. It is natural, you are human, but you need to *train* yourselves within your daily lives, to know yourselves of who you truly are. Then and only then, will life become easier, happier and only then, when you know yourselves well, can you begin to go forward and give help to others.
Les: Yes unless we have learned fully, we shall never be in a position to help others, yes I can see that.

I have to say, I hear you say, we do try to help, but remember that spirit self knows more than the human brain. Whether your actions really are true, whether indeed they come from that spiritual aspect of yourselves. Remember always, you cannot fool yourselves.

Les: That's true and again as we have discussed previously, it is motive that is more important than the action.

It is the reason behind the action yes. I have spoken long on this, but I wish to say, especially to those of you, who are finding life so difficult at this particular time:

Remember it is as a dream, it will become daylight, it will not last forever.

Les: Quite, it would do well for us to retain that constantly, it is difficult as you know as well as we do it is, but it's got to be accepted.

I do not wish to seem harsh in my remarks to you all, but I wish only to guide and to help you.

Les: We do appreciate that and we thank you for it, we know you are dealing in facts—we do understand that.

I want you all to become what you truly are, to recognise that being that shines forth amongst men. I want these things for you, whilst you tread this earthly plane. This I am trying to help you with.

Les: You certainly are and we do hope we are not disappointing you in our reactions to what you tell us. But you know I believe that we *are* trying.

That is what is important, that is what counts, if you do of your very best, what more can we ask of you?

Les: No, we can't say that such and such is going to be the end result of our being here, we can only aim for it and hope that we shall succeed, particularly with your guidance.

You are kind with your words, but I will accept them, thank you.

Les: And you know they're spoken with truth.

Now, let us have your questions.

Les: Right, questions anybody?

Dawn: Can I ask something? A little while ago I asked you about a limb for hind-quarter amputations and you said there wasn't one at the time and to look towards America for it. Do you think there's any sign of this coming yet in America?

I think you have to wait a little, but there is much development happening, not only within that country, but they will come forth *first*. But it is a joint effort with many countries around your world. There is one country in 'Europe' you say, called Germany? *(Yes.)* **There are people there, who are making great efforts, who are being guided in all aspects of work, not only that of which you ask, but there is one particular gentleman who is receiving inspiration. But it will come from the country you call America first. But it will come from around this Earth, not one place. It will come.**

Dawn: Thank you.

Les: Any other questions? Debbie you received some information last week, concerning an approach to your brother? I don't know whether you would like to ask a question on that? Whether it was so, or whether you should act on it?

Debbie: Yes okay: Last week I felt I was in contact with the lady who used to own the house that we live in, in Guernsey. I felt like she was trying to give me a warning about some land that she was afraid would be built on, after the farmer died and I felt quite strongly that I had to advice my brother about this. Was this the right sort of feeling, or not?

Was it not told to you last time, to accept what came to you? Always we fear do we not, what comes to us, yes? Let me speak about the one you call brother. He is most sensitive, he would not reject what you tell him, but give me one moment please. *(15 second pause)* **I have to tell you this land will be sold. You can forward what you feel, but it will be sold. The efforts made to stop it, cannot take place, it will eventually go, I hope this will help you to make your decision.**

Debbie: Yes. Do we know when it will actually be built on?

That will be the reason why it will be sold, but there will be many problems arising from the sale of this land. I can tell you, there will not be houses built on this land, for much time to come, but there will be a sale of the land. Is this enough for you?

Debbie: Yes that's fine thank you. ***(Good.)***

Les: Thank you very much for that, I know it's not within your normal province of teaching, but I did want the lady to have verification, because that is the first time that she has been used to that extent.
I have to contradict you there my friend, it is not the first time, it is the first time that she has verbally spoken of it. She has tended to reject what has come to her.
Les: Thank you very much, well I hope this will give her some assurance that what she gets is so.
That is why we wanted to work with *all* of you last time.
Les: Thank you very much. Are you happy with that Debbie? *(Yes thanks.)* Any other questions? Margaret, you've been wondering about your grandson in Hong Kong again, haven't you?
Margaret: Yes well Heather told me that I'm not to worry about him. Jette, *(A Kinesiologist friend)* gave my daughter-in-law some tablets and he was without them for 4 days and his character changed again, so she wrote to Jette to send some more and he has progressed quite a lot since then.
Les: Thank you, good.
Give this child time, that is all that is needed here, do not be concerned.
Margaret: Thank you very much.
Les: Sarah, any comments on your activities of last week?
Sarah: No I haven't any comments.
Les: You're quite happy with what you experienced?
Sarah: Yes I feel very reassured and happy yes thank you.
Les: Good, I know you were almost bouncing when you went out. *(laughter)*
Les: Sara anything you want to ask?
Sara: No I don't think I need to thank you.
Les: Mark?
Mark: No I think I'm okay thanks.
Les: George?
George: We have from time to time talked about humour and the value of humour. There are many types of humour on the Earth plane, some are quite nice and some are rather coarse—but there are many types of humour. Much of it is of no doubt great value and it's nice that humour continues in spirit realm—it's nice to think that it continues. I would imagine that as one progresses, the humour is refined to some degree, I imagine the coarse types go and the nicer humours probably persist. Is there anything further you would like to talk to us about in relation to humour?
Let me say this to you my friend: There is indeed much of what you call humour, on your Earth. It is part of your physical make up, it helps to make life easier for you, from what I can see, but I think I can tell you, that even as matter refines, then of course humour is retained and I would have to say, any matter which is heavy and includes coarseness of any kind, will eventually be gotten rid of. As you become finer, become more attuned to that part of your being which exists on a higher vibration, then all coarseness disappears. But how would you define humour? I suppose you would say to some extent, that I have on occasion, been humorous whilst with you. *(general agreement)* **But I have to say, it is a memory of humour that I bring with me. It is not something that is natural within me. Firstly, you have to understand that there is no need of humour, as the energies become more and more refined.**
George: Ah, yes, thank you, I wondered about that.
We have spoken about the time when all speech ceases to exist and only the power of your thought remains as communication. But I think you are asking me the question, is there a particular point in your development, when humour disappears? I would I think say to you, *'Yes,'* but it would take much time for this to occur, because you see, it mainly belongs to those physical attributes which you possess.
George: Yes that's very interesting, thank you.
I suppose, in a sense, you could say, 'good' humour, was a form of love, and that my friend is how I would look upon your term, 'humour.' It is an interaction between two people.
Les: I would agree with that description absolutely. We have often been asked by those in the immediately succeeding plane of life, to make sure we bring our sense of humour with us when we go to them.
Of course, because we have spoken previously, when you leave your physical being, you do not suddenly become someone so different. You are still you and all that you have been, remains with you for some considerable time. That includes, what you term, 'humour.'

Les: The laughter which has been brought back from the next life and which has been recorded, has been of extremely good value to those who have come investigating this work. They have been astonished at the laughter and to know that it still exists in the next world.

You see, all that is good exists for longer on those energy vibrations—all that is love, that is good, will continue for so much longer. Can you see this?

Les: Yes and I see what you mean about humour being love, because it does unite two people in the sharing of something beyond the immediate physical problems.

And those of you who have that bond, can share what you call humour, without exchange of your words. You have a little of what humour would be, in the very best sense.

Les: Yes we enjoy our laughter together. ***(Yes.)***

Lilian, any question?

Lilian: If I could ask one about my youngest granddaughter, whose rather slow with her speech. She is having help, but is there anything you could suggest that would help her even more? I think she is beginning to be a little bit frustrated.

Yes, can I say to you, you worry too much about this child. It is the anxiousness which is affecting her most. I would suggest you hold back just a little. After all, children are individuals in their development, as you adults are in your spiritual growth. So it takes your children time to readapt to earthly life. I am speaking to you from spirit, so please try to understand what I am telling you.

Lilian: I do understand.

Please step back from this child, the anxiety, the comparisons, are too much for her to take. She will come forth when the time is right for her. The words will come, but the more she is forced to use words, the less success you will have with her. Do you understand?

Lilian: Yes, thank you.

I do not say give up completely, but I have to say the mother is rather anxious.

Lilian: Yes I know.

You fully understand this don't you. She needs to just step back a little.

Les: And the child would be picking up that anxiety I would imagine?

Yes, she is feeling pressured. Do not doubt that children know what is within another human being. I have to say, most of you underestimate these children. You don't allow them their development time. There is too much within your world, that is set by time and by rules. Please allow her a little more time.

Lilian: Yes, thank you very much.

But the mother must refrain from too much anxiety.

Lilian: I'll tell her.

Les: Any other questions for Salumet? Jo? Sue? *(they were in deep trance)*

Dawn: Could I ask one more? I have a granddaughter of 4, and she keeps complaining about a tummy ache—She's been to doctor and he says there could be a urinary infection, but I don't think it's that at all—*(tape faint/unclear)*

No, no this child suffers too from problems outside her nature. Around her there is stress, which helps to create these upsets. Please be advised by the doctor giving advice, it is fine don't worry, don't worry about this. You see, children can suffer from conditions in which they are placed. But don't worry about this child.

Dawn: Thank you.

Les: Thank you very much. Any other questions for Salumet?

I want to say one thing about the child before I finish. That child is particularly musical and it would be good to direct her in that way, it would give her a release of emotions, which at this time in her life, she is not able to express.

Dawn: Thank you.

It is an avenue she should follow. I think for this time, I will withdraw from you and we will see what else can be achieved this time.

(general thanks)

Can I say, next time all are together, we would attempt again to use this one. *(indicating Sue?)*

Les: Yes certainly, thank you.

I leave you my friends, in the knowledge that all of you have grown in spirit since first we came together. You cannot see how much, as beacons of light, how much greater you shine forth, but I can reassure you all, that this is so. And you my friend, know and are becoming so much more aware of all that is happening around you.

Les: Yes that's true. We do thank you for having told us that, it gives us confidence.

I hope it provides you with more than confidence, I hope you feel that stirring within yourselves, of the knowledge and the love that you all have.

Les: Does everyone feel that?

(general agreement) We thank you once again. God bless you and we look forward to our next meeting.

There then followed a control through Sue who talked about Autumn:

—You are in the season where the leaves become changed.

Les: Yes you're quite right, we are, it is the season which we call Autumn.

Many colours many hues.

Les: The trees look very beautiful at this time of the year.

I say to you all, look at the leaves, become part of those leaves, experience the colours, feel the colours and listen to what they tell you. Do you understand?

Les: Yes I think we do. In fact we should be aware every time we see them, bearing in mind that there is no such thing as death, it is merely a transition from one form of life to another.

The leaves fall, the leaves are pushed into the Earth, where they give life and warmth, for new growth.

Les: Yes continuity of life, we do understand that and we accept it. I think we don't always realise the beauty that lies within all these changes. We must not look upon it as something ceasing, it is something beginning. We tend to look upon Autumn, as approaching the end of our year, instead of regarding it as the beginning of something new.

You speak wise words. When you look upon the trees, naked of their foliage, do not think of baron trees and cold nights.

Think only of the new growth, which is beneath the surface.

Les: I have always looked upon this as a physical lesson for us, if only we can assimilate it.

Use your psychic sight, to see into the new growth.* Feel *that spiritual growth, which surrounds you all. Let yourselves become part of the new growth and you will see what can be achieved. Do not think of baron twigs, think only of unique and vibrant existence.

Les: Yes we should always keep that in mind, I do agree with what you say.

Now I remind you all to look and feel and listen to the colours of your Autumn and feel the peace and the love which surrounds you all.

Les: Thank you very much, we shall certainly try to do that.

May the Great Spirit be around and within each one here. My love to you all.

Les: Thank you and with you also.

There then followed one through Eileen who came through with a fun/light-hearted chat to finish.

~6TH November 1995~

Good evening.

All: Good evening.

I wish to thank you for your many thoughts, since last time.

Les: Thank you.

I think that you all are beginning to realise what your lives are about and as you go about those daily lives, I see how much better you all are coping with your difficulties. To you all, I say, be pleased with yourselves, because you have grown much, in a short time. *(general thanks)* **That does not mean that your life patterns will not be without difficulties, but you will begin to put things into perspective.**

Les: Yes it's certainly helpful to be able to do that.

But I want to say to the lady, she still allows the troubles of others to weigh too heavily upon her shoulders.

Les: Is that the lady Sara or Margaret?
The younger of the two.
Les: Sara, that's information for you dear.
We have spoken about this before and she has improved, but still she allows too many problems to weigh her down. It is done, because of the innate love that she has for her fellow beings, but still it is something to be cautious about.
Sara: Right, thank you, so detach a little more, ***(Yes.)*** if there isn't much purpose in the relationship.
Allow your love to flow, but allow other people to deal with their own problems.
Sara: Yes right—thank you.
Les: Any question you want to ask on that Sara?
Sara: Yes, it's obviously—I need to concentrate on my own development and perhaps not worry so much about other people's problems.
It is not a matter of concentrating upon oneself—that is not what I mean. You must try to allow others to go forward in their lives—show your love and consideration, but allow them to work through their own problems. You cannot shoulder difficulties for others, you can offer help and love, but you must not try to solve *all* for other peoples. Do you understand?
Sara: Yes I do, yes, don't be so concerned, yes.
I hear you think, *'I make contradictions of what I have told you.'* But indeed I do not. There is a difference between *'help'* and *'interference.'* It is a subtle, but one that I would wish you all to acquire. You understand what I try to teach you?
Les: Yes I think we all do, thank you. We have to recognise a point at which we can no longer offer assistance.
You always can be available to others, but you cannot put upon yourselves *guilt* or *sorrow*, which does not belong to you.
Sara: Yes I see, thank you.
Les: We have said before Sara, it's the difference between *compassion* and *emotion.* It would seem that you still get too emotionally involved.
It is difficult for her—it is her nature. But we all have control of our lives. So you must recognise within yourself, that aspect which you must learn to let go. I am helping her.
Sara: Thank you.
I would like to say, before we continue, that I want you, if you will, to help the one who is absent here this night. We speak of the young lady. I think you know of whom I speak. She needs guidance, she needs someone to listen to her. I don't mean superficial talking, I mean to listen deeply, with the heart.
Les: If she is willing to talk, I am willing to listen and to help in whatever way I can.
She needs to be approached about it. Of course, it is her right to refuse, but she needs to have the approach made to her. Although I am with her, I am limited when it comes to making that communication physically, you understand what I mean?
Les: Yes I do. Well I shall see what I can do for her then, beginning with myself.
We are a little concerned with her. Now I will say, do you wish to ask me anything this time?
Les: Yes please. I have been giving a great deal of consideration, to what you have told us about the power of thought. ***(Yes.)*** And I understand, of course, what you mean and what you are implying by that, but I think it would do us all good, to have a little clarity, as to the power of thought operating in the next world, when we go there. For instance, we know that because of the different style of living, we shall not need various physical organs, as they are used here. I have been wondering about breathing. Whether it is possible in the next world, to dispense with lungs as we know them and to breathe by the power of thought. And this arose in my mind, because of the wonders that we have been shown, below the surfaces of our oceans on this world. The wonderful life that exists and the colours, which exist there also, we now know to be facts. In order to appreciate those, we have to use artificial means of course, to breathe underwater. Is it possible in the next world, to explore under the surface of the waters, without the need to breathe, as we know it here? Is the power of thought sufficient to keep us 'alive', I use that word in inverted commas, under the ocean's surface, so that we can enjoy the wonders which I'm sure are there?

Firstly, let me clarify some of your points. You know, of course, that your physical make up is entirely different from that of what we will term, spirit. *(Yes.)* **You know that the energies are much more refined. You also know, that when you pass from this existence, into those spiritual realms, that you leave behind your physical bodies. So, let us continue so far. It is not necessary that you take with you those organs, which you have become attuned to, whilst upon this Earth. But for many, they retain the '*need*,' if you like, to function as they always have done, you understand?**

Les: Yes, I understand that.

So for many who come to our side of life, the functioning of the lungs, as you call them, still becomes a necessity for them. So the power of the thought, is actually what maintains this reaction within the spirit body. You follow what I am saying? *(Yes—)* **So although you have left the physical overcoats behind, you have a counterpart body, which functions in the ways you have been used to, for some considerable time. Sometimes it is less stressful for that soul, to continue to use the words, to use the functions of the body, although it is not as you would imagine. Although the lungs still function, the soul is breathing, it is not necessary. It is the mind power, the *mind power* of the soul, which makes it react to that very thought. Can you understand?**

Les: Yes, I understand, thank you.

So you see, when you ask about breathing underwater, you are speaking about a physical thing, not spiritual. It is possible for those souls, to enter into seas, rivers, pools, ponds in our world and to think—and hear we come to the crux of the matter, they think they can breathe. You follow? *(Yes.)* **When in fact it is the refined energy of *thought*, that is creating it for them.**

Les: Yes, this is what I thought must be able to happen.

You do not have a physical lung, you do not have physical organs, when you come to our side of life. But depending on the state of the soul and their expectations of life, then it is the power of their *thought*, which creates all for them. You understand me?

Les: Yes, I thought it must be like this, otherwise the power of thought would be, from what you have said, contradictory. I considered that the power of thought should enable us to explore underwater, without any discomfort.

All is 'THOUGHT' in our world. It cannot be otherwise.

Les: Well you have confirmed what I suspected, but I have never read anything about it, in that regard. So that is why I wanted to ask the question.

It is difficult to explain to you, in physical terms, what thought is. It does not belong in your world, although you think you know what thought is. It is not something tangible, it cannot be. It belongs to that higher realm of existence, for which you all strive. But when first you come to our side of life, there is help by those who greet you. Although you would not know immediately, that their subtle thought energies are helping you along. It is only as the soul grows, that it recognises that it need not have these old patterns of living. You understand me?

Les: Yes. Thinking about it, as I said I have been, to me it would seem, that since we are energy, it is merely one form of energy, penetrating another form of energy, which we would consider to be the sea or the ocean.

You are in fact using energies of a much more subtle nature. All energies intermingle. I have spoken briefly on lighter and denser energies. This is what is taking place. Always the lighter energies will dissipate the denser, can you see? *(Yes.)* **It is a complicated matter, to try to instruct you upon, but 'THOUGHT' is YOU. Can you see?**

Les: Yes I do. I appreciate that it's difficult to explain it. It's something that has to be experienced. ***(Yes.)*** So it is up to us all to enhance our own development as much as we can, so that when we come 'home,' as you call it so beautifully, we are in a fit state to take full advantage, of all the differences, that we shall find awaiting us.

If only you would allow yourselves to develop these 'gifts,' as you call them, what I term is your 'right,' what is truly *you*. If you would only allow yourselves to develop them whilst on this Earth, you would see things so much more clearly. You would be ready, when the time came, for you *all* to return home. You

would have no need to retain these counterpart bodies for recognition, because you see, your thought patterns would have become so refined, that instantly you would be at home. Can you see?
Les: Yes, thank you very, very much for that. I'm glad I brought the question up, because my thinking of course, doesn't give the information to my colleagues here. But you have put it very succinctly now and I'm sure everybody understands. Is there any question anybody would like to ask, to follow that up?
I would like to say to you my friend, I have waited for your question, for a few weeks and have wondered why you have refrained from asking me.
Les: I like to try and get these things clear in my mind first.
I know you do, but sometimes you hesitate and think too deeply. If I can help, I will. So I am pleased that you have brought it forward.
Les: Thank you. Yes, I shall certainly take advantage of your help with other questions like that.
As I say, it is difficult to explain in your physical terms, but we are speaking about spiritual matters, which have to be gained in knowledge only.
Les: Quite, because I had wondered about this in the past, in one of the books I read, by a very eminent writer, who was very closely attuned to your world. He experimented with photography and on one occasion it was seen that an arm was seen, with what appeared to be a cut on it. And the inference from that was that, *physical* damage could be sustained, by the spirit body. And this I could not accept, because if the power of thought is so prevalent as you say, then it would have healed that wound immediately.
But you have to have that power of thought, it has to be used. It will not trigger-off by itself. I have spoken briefly upon the spirit body. I have told you briefly, that some of the illnesses upon your Earth plane are illnesses within the spirit body. It is a mistaken idea amongst many of you upon this earthly plane. You have to realise that when we speak of spirit, the energies are intermingled. You are not separate units in that respect. Can you see? *(Yes.)* **That is why we have our hospitals in our side of life. After all, you could say, 'Why do we need them?' You know the physical body has been disposed of, so why are you not immediately well and happy? Because the spirit suffers when your physical body is in pain—you cannot separate the two. I know this is something spoken upon much, upon your Earth plane and so many wrong words are used. If the spirit is in pain, then you have physical illness. There has to be the balance with all of you—your thoughts, your mind and the body. Can you not understand?**
Les: Yes I think we do. The difficulty we find of course, is achieving that balance. This is what we have to work at.
Yes, and do not think of yourself as being separate from that spirit side of yourself—this is what I want you to fully understand
Sara: Can I ask a question?
Les: Yes surely.
Sara: There is a lady in America called Louise Hay, who has written about the relationship between the spirit and the body. ***(Yes.)*** I wondered, do you think what she writes is true?
All people who are in contact with our world, are being impressed to write. All of those people, who tread this Earth, are being inspired in many things. But what I will say and what I have said to you all, when first I came:
If there is anything which is said to you, which you find to insult your intelligence, or you cannot accept, then please do not accept it.
But I come here, to try to put right, many of the wrongs which have been spoken upon. And much in your world is contradictory, this we have spoken about too, have we not? *(general agreement)*
Information given, can only be given by those who come and with the amount of knowledge which they too have gained. So I say to you this:
I ask you to heed my words, that body and spirit *are* one. Your physical being is only a house for the spirit, whilst you tread this Earth. But the spirit, whilst housed within this body, can be pained, can be affected by the illnesses caused by *physical thinking*.
Can you understand this? *(general agreement)*
Can you see the connection?
Les: Yes, if the two are one, then each must be affected by the other, of course.

Yes, too much is spoken that when the physical body leaves, then the spirit is perfect. This is not quite true; the spirit body should be and I stress the word SHOULD be, but in most cases it is not, because of the very fact of being housed within the physical being.

Les: That is the reason we have so many 'rescues' to deal with, I imagine. Because the spirit has been damaged and comes back in a damaged condition.

Of course, it has to make sense does it not, that if the physical body has been disposed of, what is causing the problems? Can you understand this? So again we come to how powerful is the thought. It is holding that spirit being to ransom if you like—I cannot think of another expression to give you. That is why your work is so important, to help to free these souls in troubled times. But of course they have no bodies, so why are they still in pain?

Les: Merely the power of thought operating in the wrong way again.

Yes, that is how powerful the energy of thought is.

Les: This is all extremely interesting for us, thank you very much. *(general agreement)*

I hope I have enlightened you a little, on this matter.

Les: More than a little I think, hasn't Salumet?

(general agreement) Anybody have any particular query on what has been said? Anything not understood, because now is the time to get it understood.

I know it seems sometimes difficult for your brain to accept and take all in, but that is why I wanted to go slowly, slowly, with you all. Because of your different states of development, there are among you, people who will find this information a little more difficult than others. I want you all to understand all that I try to teach you.

Sara: So could I summarise by saying our greatest protection is in our purification of our thoughts?

Yes, the power of your 'Thoughts', I have said, is the most powerful thing that you will ever possess. It is that part of you which is never-ending. As you continue, as the soul goes along it's pathway, in aeons of time to come, when your energy is so refined that no longer are you aware of a *Spirit being*—and there will come that time—then and only then, will you be recognised as a *thought pattern* within the cosmos. Can you look a little forward and see that this is what will take place? When you have finished treading these *earthly pathways,* when you have progressed throughout the *spirit realms*, then *you are* just a *thought pattern*. That energy will become *purer and purer* and more *refined.*

Les: Yes, as you say, it's difficult to accept, but I think we are beginning to understand.

Mark: I imagine it's like when we become pure enough, we grow like a tree, sort of thing, in the right way—it takes on it's own momentum.

There will come a time when all energy will flow together, so that none is recognisable as individual—but I am taking you too far, I must bring you back a little closer to your time. *(pause)* **Thank you for listening to me, because I know the words I speak are not easy. So I want to thank you, for giving me your listening time. Now I think I need to speak on other matters now.**

Les: Please, thank you. *(pause)*

I will say to you, that even as I speak about refined energy thoughts, it is drawing me towards it, that is why I want to talk upon other things. This is something too, you probably would not realise, but I could feel myself being drawn away from you.

Les: Yes, thank you, I can fully understand that.

Yes, so let us speak about other things.

Les: Thank you. *(longer pause)*

I think for the rest of this time, we will give to each one of you, let us see what the power of <u>your</u> thoughts, can achieve, for the rest of this time. I want to say to you, that shortly I will be bringing—if not next time, then our meeting after that, someone who will be of interest to you.

All: Thank you.

Now, I will say to you:

May that universal love, which you all belong to, may it enfold you,

may it keep you safe,
until we come together once more.
I leave you all this time, with my blessing. I ask that you allow yourselves to use that thought, in allowing yourselves to open UP, to that which can be given to you. My dear friend, I will leave you to finish with these dear people.
Les: Thank you and our love goes with you too.
(general agreement)
It helps to sustain me, whilst I remain within these conditions.
Les: We do appreciate the effort you must have to make sometimes, to descend to such a heavy atmosphere, we love you for it. *(general agreement)*
We are making good progress are we not? (gentle acknowledgements) **And now, goodbye.** *(fond farewells)*
There then followed one through Les, who gave instructions for meditation:
Les: I have to ask you to do something which may seem stupid, but I want you please to do it.
Les then breathes deeply and begins channelling:
I wish you to imagine from the top of your heads a blossom appearing with petals opening outwards, to what you would call your sunshine. And I wish you to concentrate upon a beam of light which will be sent down into that blossom upon your head. Do not try to imagine with your own brain what may come to you, but that the power of your thoughts will, that whatever is sent from us shall be received by you, within that blossom. Do you understand this? *(general agreements)* ***Now I will leave it to you to begin what you would call this exercise.***
There was then silence for 10 – 15 minutes before Les went around the room, asking each sitter what they had experienced. Sitters described flowers/colours/sensations of warmth.

~20th November 1995~

Salumet arranged for a guest speaker through Eileen. This was someone known to us in history as ***Mary Queen of Scots*** *(Mary Stuart). The audio version is also available here:*
http://www.salumetandfriends.org/resources/1995_11_20-Mary+Stuart+s.mp3
I am here now. *(elegant/refined pronunciation)*
Les: Thank you very much indeed and we all welcome you to our group. Our friend Salumet did say that you would be speaking to us tonight.
I would wish to speak in your language of today.
Les: Thank you.
I come to you, to show you all, that the spirit of one long gone, can indeed return.
Les: Yes, we believe this implicitly.
I speak to you on the last memory of my time and perhaps I will become a little more accustomed to speaking with you.
Les: Thank you, we look forward to hearing what you have to say.
I would like to tell you that some points raised about my death, are not so accurate as they may seem.
Les: That doesn't surprise me.
Now,—as I return to these vibrations, the memory returns. I must tell you that I have attempted to return before to you, some while ago, when I mentioned about your seating and I would need more room, do you recall?
Les: Yes and you did ask for a hard seat, didn't you?
Since that time, I have discovered that it is unnecessary. So let me say how I feel to come back to speak to you.
Les: That would be wonderful if you can, because I remember you also asking me to stand back from you, because you were not used to people being so close.
I indeed did say this to you.
Les: We've been waiting for your return.

I am most grateful for those words. But of course you know, it is always for a very good reason.
Les: Yes and your instrument was very aware of the clothing you used to wear too.
She will be this time too, but I have tried to modify it for her, to make it is little more comfortable.
Les: Good. And you yourself are quite comfortable now with us?
I am indeed.
Les: Thank you very much. We shan't interrupt you again, we'll now wait for you to talk as you wish.
I want say to you, that my last day upon this Earth, is still very vivid in my memory, as I return to you. It was a beautiful bright February day. The sun shone and to all intent and purpose, you could feel that Spring was around the corner. Are you understanding my words? *(general agreement)—****because it is difficult to gauge for me.***
Les: We hear them very clearly indeed.
That is good. I awoke that morning, after a very sleepless night, because you see, there was much noise throughout the previous night. I was ready to meet, how I would have termed then, 'my maker.' I truly believed myself, that I was completely composed. I promised not to shed a tear, that I had to be strong, for those who had cared for me, in those long, dark days. Dear Jane and Elizabeth, to them I owed so much, in those last dark days. I will have to ask you to be patient, because memory torments me even now.
Les: Of course, we do understand.
I truly believed that I left this plane of existence, with goodness in my heart. *(emotional/tearful)* ***Even for Paulet!*** *(Amias Paulet was appointed by Elizabeth as jailer of Mary, often described as a 'fanatical puritan.')*
How wrong I was—How wrong I was, that when I met my maker, as I would have said in those days, did I discover how much I had loathed that gentleman. He was a jailer of hatred!
I am sorry to display these emotions. I did not feel I would, but you have to realise that on returning, how painful these memories become.
Les: I can quite understand, they must be a great burden to you. *(spoken with rising emotion)*
What I want to say is this: Much has been written about the words I uttered on my last breath. It is said that dear Jane and Elizabeth thought I uttered the words, 'Sweet Jesus.' I tell you now, that I had been praying as my head lowered to the cushion, I prayed earnestly to be taken quickly. *(spoken through tears)*
As it struck my neck, I was saying the words 'Je suis!,' 'Je suis!' 'I am!' 'I am!'
And so I left behind the earthly torment, which had me jailed for so long. No one knew, no one knew, that my sweet dear little dog, was gathered amongst my underskirts. How could they know, how could they know? And this is something else I want you to know, that only those close to me, would have known that my dear animal was known to me as 'Pierce,' yes, dear sweet animal. And I know it has been written, that when I was disrobed, by those sweet dear, Jane and Elizabeth, that those who watched—and can you, CAN YOU imagine, the humiliation to be disrobed in front of so many others?
Les: Of course.
I was dressed intentionally, I must say, in red undergarments, not, NOT to hide the blood, as it has been written, but being a devout Catholic, I wore the colours, of the blood of Christ
Les: Yes I understand.
So I was preparing myself to meet our saviour. But on going there, I was shocked at my stifled deep dislike and hatred for some of those who treated me so badly. I have to tell you also, that whatever has been written about Elizabeth, she really did not mean to sign my life away.
Les: No, so I understand.
This has to be made clear to you.
Les: Thank you.
She also was unaware of the treachery of Paulet. He was indeed an evil man.
Les: Yes, have you met him since you've been gone?
I have not. I would not wish to, but I have come to terms and forgive them all. But I did not meet him face-to-face, I think you would say, is that the words? I did not wish to. I have much in memories of those last hours and now they have been spoken, they must be forgotten.
Les: Now you can go at peace.

But now I have to tell you why I have come, because—thank you for your help, I am so appreciative of it, and I know you will be rewarded for it. I want to tell you now, why this has been important, not the words I have spoken to you, but to tell you that the person that I was then, has subsequently returned in another form, to your Earthly plane.

Les: *Is that so?*

Salumet has told me, that he wanted you to realise what he has taught you, that you are more than one. And whilst I retain the memories, of those painful times within that lifetime, that part of me returned for the betterment of others. And so he hopes we all can share this time, to know that we are not just ONE.

Les: Quite. We can only hope that this visit of yours, will now enable you to forget those memories completely, they can be removed from you.

Yes, for me this has been most welcome.

Les: You have been here during the day I believe today, haven't you?

Yes and I want you to tell the one I use, that she too has been aware today, that I have been around, preparing for these words.

Les: Thank you.

Now, I want to say just a few words more before I go, I feel much stronger now.

Les: Good, we're delighted to hear that and do hope that our combined love and presence has been of assistance to you.

It has indeed, and I want to let you know of the time difference from which I come. We are speaking, can I give the year? To let the others know how long ago I existed here?

Les: Yes please do.

I am speaking of the year 1587.

Les: 1587? and would you care to tell my colleagues your name?

It's unimportant but—

Les: Please if you would, for them.

I was known as Mary Stuart.

Les: Yes, Queen of Scots.

But I have to be honest and say that truly, my heart belonged in France.

Les: In France?

Yes. But they matter not now, these facts are well dispatched. I hope that all of you in this time, find your world religions much more humble, that people no longer suffer for their religious beliefs, because truly that is why I was put to death.

Les: Yes—intolerance.

And because although it grieves me to say, the fear of my son James. He loved me in his own way, but he was a weak man when it came to emotions.

Les: And are you together now?

We met when the time came, but soon departed.

Les: I see. I don't want to revive unhappy memories, I was just hoping that you might have been happy together.

No. There has been a combining of spirit, but it is not necessary to always be together.

Les: No, I understand.

He also has since returned. Part of his being has to return for greater strength, to overcome those weaknesses within his makeup. But this is not something for me to speak upon.

Les: No, we shall not mention it.

I would like to say, I hope I have achieved what I was meant to and I tell you now, that the love I feel from you, will help me on my return, and if possible, perhaps another time, perhaps I could return to you.

Les: We can't be strong enough in our wish that you would do that and to say that you would be more than extremely welcome. We hope it will be possible.

I must leave you now, but I think there will be others to say words to you.

Les: Thank you.

And perhaps we will meet another time.

Les: I do hope so.

But you must all realise what a great help you have been to me this time.
Les: We are delighted to hear it and we do thank you for having made the effort to be with us tonight, it has been a wonderful experience for us.
Thank you, God bless you.
(fond farewells)

~27th November 1995~

Good evening.
All: Good evening.
Again, I thank you for your welcome.
Les: And we would like to thank you, before anything else, for enabling us to have such a wonderful meeting last time. We do hope that the lady has a much greater peace of mind, after having been here.
I hope that you *all* have realised by now, the purpose of her coming to you. *(Mary Stuart)* **It was important that some within the room, realise how insignificant TIME *is,* and also the purpose of showing to you, that part of that soul, had now gone forward, into a later time. I do hope that you understood what it was about.**
Les: Yes I think we did and we found it extremely interesting, particularly she mentioned that both she and her son, had both 'Dual' lives, if I can use that expression and have been back here, or ARE back here.
This is what I wish you to try to understand. Please forget about yourselves as an individual item, you are so much more. I want you all to realise that each one of you here, is just a spark of your whole soul.
Les: Yes, I think we are slowly beginning to realise that. It's difficult for us of course, but gradually, I think the realisation is taking shape in our minds. But we do have to recognise ourselves as a multiple personality.
That is what I am endeavouring to teach you, as well as you well know, how powerful your minds are.
Les: Thank you. Yes.
This too, I have stressed on numerous occasions, but it is an important teaching and I hope that you can gather it to yourselves, to try to understand.
Les: Yes, as I say, I think it is slowly sinking in. Has anybody any particular question on that before we go further? Are you beginning to understand the immensity of us as individuals, but being NOT individuals? *(some agreement)* It is difficult to assimilate, but I think the description of the facets of the diamond is the most apt. If you consider yourself as a diamond, with the many facets also existing in their own right, in addition to forming the whole.
Or try to imagine yourselves within a pool of water—that each lifetime if you like, can be encapsulated within one bubble. But when the bubble disperses, you are still part of the pool of water, can you see? *(general agreement)*
Although as a bubble, you are separate you might think, when it is dispersed, then you become the whole. Can you see? *(general agreement)*
Les: Yes I think we can, and of course it is indicated in the Bible, isn't it? It is said that as it was in the beginning, is now and ever shall be.
Yes, we have spoken briefly:
You *are*, you *have been*, you *will—all* are *ONE.*
There can be no separation. I know this is difficult for you all to take upon yourselves, but if you understand just a little of what I bring to you, then indeed my heart is full. *(agreement + thanks)* **I would wish to say to you something else before we continue: That so often I hear many, many of you upon this Earth plane, who suffer because of the state of your world. I would say to you my dear friends, I would say this to you:**
Before you can change anything within your world, firstly look to change your MINDS about your world.
Do you understand what I am telling you? Can you understand?

Les: Yes I think what you are suggesting is that we have to have a completely different outlook about the world, ***(Yes.)*** stop being so materialistic.

Yes, and also too judgmental on what is happening. Firstly I believe you have a saying, *'Put your own house in order?'*

Les: You're quite right.

Yes, please always keep this within your minds. Now, I do not want to take up all of this meeting time, because we wish to use others this time. So if you have questions for me, I will be happy to speak.

Les: Thank you. Yes I have one I've been wanting to ask. It's a controversial subject again of course: During the exodus out of Egypt, of the Israelites, the Bible has the story of the parting of the Red Sea. I can't see how that could have been done as written in the Bible, by Moses ordaining it, as instructed. Would it in some way have been the power of thought again, which created the waters to part, if indeed they did part?

I will speak upon this matter. Of course the waters did not part physically. *(No.)* **No—it was written symbolically by those people who put pen to paper. It of course indicated that those peoples as you say, had the seas parted to save them. It meant only, that good always will come to the fore—that is the true meaning of this story. It is symbolic only, it has nothing to do with the power of the thought. Remember what I told you when we spoke before about many stories within your Christian Bible? All of them—I beg your pardon, *some* of them, are man-made to suit the times. Remember this always, when you are making judgements. Hold always within your minds, that all that you read has been written by others, that it has been interpreted for their benefit and not for the good of all. You understand?** *(general agreement)*

Les: That clears that point.

It was a symbolic story only.

Les: Right, thank you.

Are you happy with that?

Les: Oh yes, I didn't see the possibility of—well I knew it would be an impossibility for the waters to be parted as written, but I wondered what the other explanation was—as you say, it was purely symbolical.

But let me say this to you my dear friend: I am happy that you are beginning to realise that the power of thought, has played such a great part, within your earthly history. I am happy that you are recognising this and I thank you for your questions upon these matters. It helps you, as it helps us to clarify all of these things.

Les: Yes and will I be right in presuming that the power of thought was operative when Jesus walked upon the waters?

Now we are speaking upon a different matter. We now are speaking about a Master who was capable of doing such a thing.

Les: Yes I thought perhaps that was so.

Yes, now we are onto different matters and I can tell you that this did indeed happen.

Les: Yes, I've always been able to accept that.

You must remember that this man, although he walked upon the Earth, he was indeed a Master, come to help, in those troubled times. Do not doubt that he did exist, do not doubt that what you call 'miracles' of those times, that most of it did take place, but not as it was written. A lot of it is symbolic, you have to interpret that book as such. You have to look at it from the viewpoint of spirit happenings and not earthly ones.

Les: Yes, it's difficult to do that sometimes, but I quite see what you mean.

Yes, always look upon these books as spiritual happenings, against the earthly occurrences and then you may—and I say may reservedly, you may begin to see the full picture.

Les: Thank you very much for that explanation.

Now, before I leave you this time, I would like to say to you all, that I will have to withdraw from you, until such time, as you have celebrated your holiday times on this Earth.

Les: Oh dear, that's disappointing.

Do not be disappointed my friend, I intend to return, but I have to attend to many matters and so I do need to leave you for this short time.

Les: Yes I quite understand, but we look forward so much to your visits, that we tend to be greedy for your company.
I appreciate the kindness of your words, but I will be with you all, do not fear. *(Good.)* **And although it may seem to you some time, remember what my opening words were, that *TIME* means little.**
Les: Yes we mustn't be selfish.
So I do assure you I will return, but be assured all of you, that your meetings will not be without development.
Les: Good, thank you, I'm sure you'll be able to use some of the others.
Yes, but I want to say to this lady (Margaret) **she has been feeling so tired this week, yes?**
Margaret: That's right.
Yes, don't be concerned, don't be concerned, we are helping you.
Margaret: Thank you.
Now I leave you, with my blessings until the time comes for us to meet—
Les: Thank you very much and I appreciate the help you are giving me, I must say that before you go.
I do not need words of thanks, you know my dear friends, all of you, that when you need me most, I will try to help you.
Les: You certainly do.
May our Great Creator dwell within all of your hearts,
May he help you to see through those eyes,
May he help you to find goodness in your daily lives.
Les: Thank you, God bless you.
(general thanks)
There then followed a communication through Sue:
No need to be downhearted, the great one will return to you. Let me say in your vernacular, 'He is a busy, busy bee!'
Les: Yes he must be and does our time of the year, our celebrations, have anything to do with his withdrawal? Or are there duties to perform, in that connection?
Not in the sense you may be thinking of. You have this time of year, to celebrate what you know to be the birth of the Christ. It does not always fall at the same time in our realms. It is difficult to explain to you, when you have no concept of the various time-planes which exist. But be assured that your celebrations here, are mirrored in our world, but at different times and for different purposes. We of course do not have the same celebrations.
Les: No, you don't have the same materialistic outlook, that we have now on it—it's purely a spiritual celebration, I imagine?
Indeed, we do not wish to sound as if we are interfering, but the greed of your people, at times, can leave us very sad.
Les: Yes, I agree I think it's far too commercialised, I would rather it was a purely spiritual celebration.
Nevertheless, it does bring pleasure to see the faces of the young children, when they see the lights and the colours.
Les: Yes I would agree with you absolutely.
Looking into one of your glass baubles, reflecting the lights, try next time you do this, to imagine all the shards of light, spreading around above, below, to the sides of yourselves. Imagine you are bathed in those lights—that is the true spiritual meaning of this time. Enjoy yourselves, but stop and think of the true meanings.
Les: Yes of course. Yes we should keep that in mind I'm sure.
You have been told before that colour and light are all important. Therefore let me say, that at this time of year, there are colours, there are light. So, you will grow and expand in spirit, regardless of whether you share in a spiritual belief, do you understand?
Les: Yes I do.
It is a colourful time, and colours can only improve on the spiritual growth of each one.
Les: I follow, so whether we are aware of it or not, it is happening.
That is right, but it is more—excuse me—beneficial if you can FEEL your growth, do you understand?

Les: Yes far better if we do feel it and become aware of it.
For yourselves, you can FEEL your spiritual growth, you can BATHE in it's light and it's warmth. So may I say to each here, enjoy your festival, enjoy your food and your drink and the giving of gifts. But as you give your gifts to others, give also of your spirit, and you will feel the growth of love within. May I ask that you do this, this time?
Les: Yes surely, I think everybody's heard that, haven't they? *(general agreement)*
It seems a lot to ask, but you will feel the benefit of expressing your spiritual love to all around you, at this time.
Les: Yes I'm sure we shall, thank you for reminding us.
The channel went on to mention someone called Joseph in spirit, who wanted to make themselves known to someone in the group and instructed us to speak out if we should get any clairvoyance before the meeting finished.

~4th December 1995~

A control came through Eileen and told us to sit quietly and mention any clairvoyance we receive.
Paul had an impression of a Mongoloid lady in natural fabrics—possibly called Simion.
Eileen went on a journey through space, to a planet outside our galaxy, called 'Arias.' She didn't want to come back, it was so beautiful.
George had an impression of a rocky barren landscape, like part of Iceland.
A control then came through Eileen to finish. We thought at first that it was the same one as before, but it turned out to be her twin sister, who still liked to play tricks to confuse us, even from the spirit realm.

~11th December 1995~

Leslie dealt with a rescue in the form of a young girl who needed help with a speech impediment.
Later, there was a communicator of great strength, through Eileen:
—Can I say, why are we sitting here within these enclosed walls? Do you not like God's good air?
Les: We do, but it is our custom to live within walls now, that is how we live these days. I don't say it is right, but it is something we've done for many years now and we all live in our own confined spaces.
Yes I have been told, but I needed to know for myself.
Les: You used to live out in great open spaces, did you?
I think man asks too many questions sometimes.
Les: Really? It's a desire to learn, to add to our knowledge.
I do not speak of you as a man, I speak of all man.
Les: All mankind, I follow, but if we don't ask questions, then we don't learn. We haven't the spiritual awareness that perhaps you had in your lifetime on the Earth, when physical questions weren't necessary. We haven't reached that state of development spiritually. I regret having to admit it, but it is so.
I would agree with you, man has lost something in the passing of time.
Les: And this is what we are trying to recover now, in our small way.
I would say to ALL MAN, to sit outside in air and listen to the wind, listen to the Earth, listen to the rain. But I suppose you cannot *(limit?)* ***what you call progress.***
Les: No, things have changed so greatly since you were on this Earth, that we no longer understand those 'voices,' which you could understand, but we are struggling to acquire that knowledge, and we appreciate the help that you in your world give us in this matter.
I know that many people come to you to help, I come to learn also about man now. So I want to ask you, tell me how you live now.
Les: We live within walls, such as you say and we have to have occupations, which bring us money. Money is a symbol of status and we use it to purchase food and clothing and other necessities for living. We also use that money to purchase what are not necessities, what we call 'luxuries,' which didn't appeal to you, in your live at all.

I don't recognise the word.

Les: No the word luxury is used for example, where an ordinary cloak would keep us warm enough, that is necessity. But we go in for fir-lined cloaks with big collars and long sleeves; those are luxuries, not necessities and we do, I'm afraid to say, give far to much thought and time, to acquiring luxuries, when necessities should be sufficient. We haven't fully learned the difference between wanting and needing—we want much more than we need. Is that clear?

I understand your words, but I do not understand what it is you seek.

Les: No, well frankly, until we began this work, we weren't sure what we were seeking. Now we are seeking the spiritual paths, rather than the materialistic paths. We know that ultimately when we leave this world, we shall join the world of spirit, of which you were very much aware when you lived here. We are trying to learn that awareness, to learn the feelings that we should have, to fit us for a much more spiritual existence than sometimes possible in our normal everyday life.

I can tell by your voice, you are strong, you are honest, you are truthful, I say to you, go forward, look ahead, join us when you can, and much will (?) ***for you.***

Les: Thank you, we can feel your strength too.

I am pleased to be here, but I do not like the surroundings.

Les: No, I can understand that.

I want to return to feel the freedom to which I have become accustomed.

Les: I quite understand that and we do thank you for having made the effort to be with us and having accepted these poor conditions, in order to speak with us.

It is good that we should experience your world sometime, but now I leave you, I see that you are at peace in this moment of your time.

Let it continue, let peace be within all your hearts, let the birds fly, let the animals run, let the love flow and you will survive.

Now I leave you, I hope I have not been too abrupt with you, I have been told to modify my voice, because I am known for my loud speaking.

Les: No, we don't mind at all. If we wish to learn, we must accept lessons as they are given to us, not to try and alter them, to suit our convenience.

I take with me your presence my friend.

Les: Thank you. Our love goes with you.