~5th January 1998~

Good evening. *(General welcomes)*
I would like to say this to you: As you enter into what you call your *new year*, so too my friends are you entering into a new phase of your unfoldment. As your months bring renewal and re-growth, so too will you amongst yourselves, see these attributes begin to take form and shape within many of you here.
Les: Thank you, I feel we are going to have a very pleasant year ahead of us.
I was interested to listen to you as we came together this time. I know that the opportunity to speak a little more on energy, would take place and it would seem that the time has come dear friends, for us to elaborate a little more.
Les: Thank you that would be very interesting.
Of course you know and understand that the souls of animals continue, as do you humans. *(Yes.)* **You should not be surprised therefore that animals although a little lower on your evolutionary chain, still maintain part of the overall energy pattern.**
Les: Yes we can understand that now.
I would like you to know and understand a little more. Animals who incarnate into life, do not *choose* in the same manner as you do. They make choices once they are in the body form of the animal. *(I see.)* **The choice is not made before they incarnate. Do you follow me so far?**
Les: Yes, we remember you saying that we choose ***(Yes.)*** the manner in which we come back. But now you're saying animals don't choose in the same way.
Not before anyway. What you have to understand is that they are attracted to the overall energy pattern, which is before them. They do not make a choice of the human being, but of the *energy pattern*, to which they *belong.* *(I see.)* **If you can compare perhaps to what you term *jigsaws,*** *(Yes.)* **if the animal was aware that it was a missing link, of course the attraction would be there. Do you understand?**
Les: Yes I think I do — do you mean the part of the jigsaw would be the potential owner's *desire* for a pet?
No, no that matters of course, but it is a *knowing,* a *sensing,* it is the *attraction* of the energies to each. We must move away from the physical elements once more, for your understanding of this matter. The animal would *sense,* as does the human being — that is what you would call the *physical attraction*, but it is in fact a spiritual attraction of energy.
Les: I see, so it is the spiritual energy in the animal as well as the spiritual energy in the person?
Yes, yes — I have spoken to you previously about why what you term *opposites* in human nature, are attracted to each other. *(Yes.)* **It is not that they are compatible in human life, but that they *seek* and they *need* what each other has. So be it between animals and human beings.**
Les: I see — that is very interesting for us to know.
Can you begin to see that the whole of life now, is the formation of the energy pattern, the meeting of the correct energy? After all, imperfections that are there will be erased upon the unification, the joining of the correct energy patterns. Do you understand?
Les: We begin to; I wouldn't say we understand fully, but we can begin to have an idea of what you are telling us.
I did explain it is a difficult subject, but one we will constantly return to until your understanding is such that you begin to see with those spiritual eyes, what I am telling you.
Les: It is particularly interesting to me, because only yesterday I was typing a transcript of a previous tape you recorded for us in which you said all energy, plants, animals and humans are all part of the same energy. ***(Yes.)*** So that ties up with what you are telling us now.
Yes, if you can understand that that is why human beings create their own illness — it is their *energy patterns*, which goes haywire. It is the fact that these energies can be blocked and unblocked, which makes you all so interesting to each other. *(I see.)* **If only your knowledge of yourselves and each other could be extended thus, many of your life's mysteries would be shown in a new light. The understanding would radiate forth and many of your mysteries would be**

solved. It is the knowing, it is the understanding, it is that inner thought which is needed to bring forth these things.

Les: And of course an acceptance by us ***(Yes.)*** of the fact that the spiritual predominance must be the one to concentrate on.

Until dear friends that concept is accepted, you will always stumble, you will always fall, you will always make mistakes, but of course being human beings, this is part of what you are about. But in having this knowledge you have the opportunity to use that free will to go forward, to extend the knowledge you have, to *give* to others. And after all, that is our desire that not only do we bring greater knowledge to you, but that you in turn become emissaries of the Truth to give to others.

Les: This is what we all hope to be able to do, give the truth to others.

And you *are* each in your own way.

Les: Good. Yes, we can't all teach in exactly the same form, but if only we are in our own way passing it on to others, then of course your teaching is being assimilated by so many more.

Yes, we do not expect all to accept the truth, the knowledge that we bring to you. But if we can grow in the minds, the hearts, the thoughts of others, then indeed the seed has been sown. We will not ask for more. There are others whose task it is that once the seed has been sown, that they step forward to help these people. You understand?

Les: Yes, I can understand that a great deal more and it clears something that happened many years ago at the beginning of our learning, before you used to come to us. I sometimes used to get a little irritable with people who used to say they wanted more proof, and somebody from your world told me through my lady Ruth, that all we were expected to do was to plant the seeds. ***(Yes.)*** We might never see the crop, but not to worry about that.

My dear friends, if you have planted the seed, you can leave this lifetime, knowing that you have done your very best. You cannot expect more of yourself than to do the very best that you can. Sometimes you human beings are too harsh upon yourselves. Sometimes I have to say not harsh enough in some matters, but in general you are too harsh.

Les: Yes, probably because of lack of complete understanding, ***(Yes, yes.)*** but which you thankfully are now giving us.

I try to dear friends, and I know that many of these discussions are necessary, before it will totally be understood by you, but as I said when first I came to you, slowly, slowly is the way forward.

Les: Yes, I think we would all agree completely with that. Although it has been slow, we do know infinitely more than when you first began coming to us. Does anybody disagree with that? *(General agreement)*

Now I will take your questions this time, but I would like time for another to come to you. *(Yes —)* **Do we have questions please?**

Les: Yes, one I would like to ask and it will interest everybody here I'm sure, that's why I'm stepping in first. Two new people were here a few evenings ago, investigation the work. During the evening, the lady apologised, saying *'I'm sorry, I can't stop staring at you, because I don't understand why you have a white light around you and in fact across you sometimes.'* I tried to explain about the aura, but I am not certain myself, whether what she was seeing was *my* aura, or whether it was the spiritual aura of somebody speaking through me, or giving knowledge to me, to be passed on to them. ***(Yes.)*** Do you have an answer for that?

Of course dear friend, I will explain to you. It was a combination of a communicator using you, and your own uplifted aura, that is needed when blending takes place.

Les: Thank you, I thought that's what it was, but I wanted confirmation.

Your own aura cannot be fully extinguished, because if that were to happen you would no longer be upon this earthly plane, you understand? *(Yes.)* **And we do not desire that just yet,** *(chuckles)* **but the brightness that they could see, would in fact be the overshadowing that was taking place at that time.**

Les: Yes, thank you very much, I thought that's what it was, because I had the feeling of somebody being with me whilst I was talking, apparently in my own way and from my own thoughts, ***(Yes.)*** but I was pretty

sure somebody was assisting and that was confirmed when we came out of the room and she said, *'I can't see that light around you now.'*

Yes, you must remember dear friends, that sometimes we — and there are many of us who come to help and to show you the way — that sometimes your words are not fully of your own formation, even if you are not aware of that. Those who come close to you, help you at times in your life, to form the necessary words. *(Thank you.)* **It is something that happens more as your awareness grows and that spiritual side comes forward, especially when you speak of spiritual matters. So remember, think carefully and I do not want you to make it an excuse; when the words are formed, I do not want you to say, *'It was not of my doing.'* You understand?**

Les: Yes we do. We don't want to put blame for some of our mistakes upon our friends. ***(Yes.)*** I don't think any of us would willingly do that, as you know.

No, you must accept what is said and the creation of your words and your thoughts, but remember that you can be influenced well, if the occasion demands.

Les: So that *'seeing,'* by somebody else, could happen in the case of any member here then couldn't it, under the right conditions, if they were talking of spiritual matters?

It happens at all times and on many occasions it also depends on the condition and awareness of the receiver of the words, yes.

Les: Yes, I knew the lady has quite a lot of psychic potential, so she unknowingly was assisting in what she saw.

Yes, but it happens in those who have no knowledge of what you term *spiritual knowledge*. It is an innate knowledge that is there. It happens in the closeness of two people communicating. It can show itself in — how can I say, to be *enraptured* by the speaking of another. It is the *attraction* again, of the *spiritual energy* showing itself. Do you understand?

Les: Yes, yes, all of us I think we now begin to see more clearly what you mean by energy patterns and the amalgamation of those energy patterns.

Yes, you will always be attracted, whether it be to another human being, whether it be an animal, whether it be to what you term *'mother nature'* in the open air. These attractions dear friends are longings to be in tune to the energy patterns to which you belong. I want you to look further and further and further, in order that you may understand what life is about.

Les: From your explanation just now, I think that's just about the best knowledge we could have for our future life and appreciation of all that we are attracted to. Wouldn't everybody agree that we can look upon these apparent physical appreciations as an expression of our spiritual desires to be part of the *universal creative energy? (General agreement)*

Follow these desires — do not let them fall by the wayside, because in following your *innate knowledge,* you are following that spiritual part of you, which *seeks* to grow, which *seeks* to understand and which *seeks* to fulfil its destiny in this lifetime.

Les: So it would be as well for us, when we are appreciating the beauty of the flower, the trees, whatever, ***(Yes.)*** to consciously remember that we are *not* appreciating that physically, but thanking our spiritual selves, ***(Yes.)*** for the appreciation *they* are showing *through* the physical.

And also to thank the *spiritual* aspect of that which you seek — to thank the animal, the human being, the tree, the water — whatever it is you seek. Also to thank that spiritual aspect for that blending of *love*, which is *energy*.

Les: Well that is very, very interesting indeed, because it confirms what all of us have thought, that the so-called '*primitive people*,' had a much greater awareness of spiritual affinities, than we have as alleged *'civilised beings,'* because they used to *thank* what they were looking at and partaking of.

There are many still in your world who are close to Spirit, but whom you term *primitive*. Let me tell you dear friends, you are the primitives.

Les: I agree absolutely.

But although much has been lost over your earthly years, we have reached the point of the world's evolution, when great changes are coming. *(Good.)* **It is happening, but again, slowly, slowly, and as I have told you before, this time there will be no turning back, there will be no denial of Truth, there will only be hope and understanding and a greater love.**
Les: Thank you very much for confirming that. We are again extremely grateful to you for what you have told us.
This time dear friends, I will leave you in the knowledge that always I listen to you. I know and understand that at times your lives are troubled by daily happenings, but I know also that you are each growing in strength, that enables you to live your lives more fully in understanding. For this we must give thanks and I know that you do. So, on these words I leave you with my love until we meet next time. *(General thanks + farewells)*

There followed one through Sue saying that as we learn from them, so they learn from us and for this, they were grateful. Another followed through Eileen saying that Lilian would be offered a little doggie and though she is a free agent, she should not agree to have it. She added that the voice that Eileen heard at home, was from them and not imagined. (Eileen had fallen asleep in the bath and a peremptory voice calling her name had awakened her.)

~12th January 1998~

Good evening.
All: Good evening.
I thank you for your patience this time. Conditions for this time are not so good, so I will say to you dear friends, if you have questions this time, I will answer and then allow others to come.
Les: Thank you. I'm sorry to hear conditions aren't good. Is it anything we have not done?
No, no, no.
Les: Nothing to do with us — oh good.
There are many factors, which you would not understand.
Les: As long as it's not us — I'm sorry to hear it. Right well I'll begin with a question. I was watching a programme the other day on birds on an island. Though there are many species of them, they have developed beaks for specific types of feeding and have developed quite differently from the same species on the mainland. This led me to think about your remarks on energy and remarks a long time ago about those in your world, whose duty it is to *'oversee,'* the plant, animal and bird kingdoms. That of course led me to wonder, though you have told us that changes in animals, birds and plants are evolutionary following a natural pattern, are there influences directed by those responsible, which cause this special development? A complicated question, but I think you know what I mean.
No I do not think it is complicated, thank you. And I will try to answer for you.
Les: Thank you, because it's got a great bearing on what you've told us about energy. ***(Yes.)*** And this is what I was trying to work out in my own mind, whether energy has a memory, or an ability to affect the species.
It is the utilisation of the basic energy, which creates the difference. When you have any form of plant life, animal, human species, which are gathered together as one, then those who **— to use your words, *'oversee,'* have the ability to use and to utilise the energy, for the best of the particular species.** *(I see —)*
In the same way as you as people sit quietly, so we can bring to you much closeness of spiritual energy, so too does it work in the evolutionary patterns of plants and animals. Do you understand?
Les: Yes, I couldn't see that the plants and animals would have an intelligence of the right order to do the changes which are required.
You are not quite right my friend in saying this. Energy is intelligence — there is an *intelligence* in energy, otherwise how could it be used?
Les: I thought energy must have an intelligence, ***(Yes.)*** which of course we can't understand.

Not in the sense you would understand of course, but energy does have intelligence — it *has* to.

Les: I thought so — good. So my thinking wasn't far off then?

No, just a little wayward, but you are on the correct path. Has that helped you to understand?

Les: Yes it has — well that is the answer; I came to the conclusion myself, that the changes *must* be due to *intelligence* in the energy *behind* those changes.

Energy and intelligence, but utilised by those who oversee — that is important.

Les: Yes well that certainly does answer the whole thing and it clears it for me. ***(Good.)*** Thank you very much for that. I think it's given everybody here a better insight into evolution, hasn't it? *(General agreement)*

Your knowledge of energy *will* increase, as we come together more often. But we must as I have told you, go *slowly* with it.

Les: Yes we do understand. Thank you for that answer, it helps me a lot.

Do we have one more?

Les: Any more questions?

George: Perhaps I could ask one about the Hindu religion, which seems to me, to be certainly in a number of places, to have a very gentle character and I think Krishna, must have been a remarkable *master*, who came to Earth to teach. Is there anything you'd wish to tell us about Krishna?

You would like personal details, I think you mean? Can I say this to you: Those you term *'masters,'* who walk upon your world, are not special souls, they are souls who come to your world, to do a task of work, no matter where or who they come for. Human beings always need to find themselves to be *adulators* of people; it is unnecessary my friend. And although I am aware of whom you speak, do not look upon these — I use your words again, *'masters,'* as special souls — they are not. In our world, they are spirits, who have come to do a task of work. It may be that their knowledge is extensive — that they bring to this world that knowledge does not make them special. So in saying these words, I do not want to set apart one being from another, whether it be any religious person, or whether it be the holy man in the street who has much knowledge — they should not be separated as special people. If you seek more knowledge upon this subject, I will see if more can be given to you on another occasion.

George: Thank you. It's been very tempting ***(Yes.)*** to hold an admiration of the work that these people have done.

Of course you can admire, but what I say to you is do not hold them as *special*, they are not. They would not want you to do this; they come to your world to help, to bring knowledge and to live the lives that they have chosen. Always remember, no matter what human being, whatever their task be on this earthly plane, they have chosen to come here.

Les: Yes I've reminded myself of that a lot. It's an education in itself, that particular lesson you gave us and I think George, if we idolise or elevate the importance of others too much, we could be denying the very thing their coming to teach, ***(Of course.)*** that we're *all* in the same boat, learning the same thing, in different degrees.

George: Yes. Thank you for your teaching on that point.

Your respect for greater knowledge is understandable; I do not wish to seem to dispute any respect you hold for another human being. Of course you must offer love and you must respect all of mankind, but do not revere them, do not put them upon a pedestal — that is *not* what they would desire. Do you understand my friend?

George: Yes I follow that. Thank you, thank you very much.

But I will say if more knowledge can be brought to you, if it is of interest, but not because you think of these people as being special — that is not our task. All souls are equal.

Les: On that subject George, while Salumet is with us, that is what has annoyed me quite a lot, about the adulation that's given to Sai Baba.

It matters not what religion, what nationality; anyone who walks upon this earthly plane, is *spirit.*
Always focus dear friends, upon this fact and then you will truly be enlightened, as to what that being is

trying to achieve. They come not for glorification — if they do then they have undone the good that they try to achieve. *(Yes.)*

Les: You personally have told us often enough quite nicely, that you don't require our thanks for what you do.

***Thanks* is not necessary dear friends, after all, as I have said, we choose to come, because it is our *desire*, our *desire* to extend love and knowledge to you. We *choose* the situations, which we return to. Therefore why should we expect thanks?**

Les: No, we quite understand why you don't expect them. I don't expect them for the healing we do here, nor do the other healers. But from the other side of the coin, being humans, it gives us pleasure, to let you know that we *do* appreciate what you do.

Of course, but what you must not do, is to focus too much upon that thanks. In giving thanks you are extending your love energy. Of course it is accepted, but what I say to you is: Once it is offered then let it *go*. You understand?

Les: Yes we do. Thank you very much for what you've told us. As usual it gives us a great deal to think about.

When I speak to you dear friends, you must understand that all questions and answers are never how you would term, *black or white.* There are too many instances of people saying, *it must be this or it must be that.* Your living on this earthly planet is not that simple. I do think that you are beginning to come to that realisation and that each question brings forth another question, or another answer, or another question. *(You're right —)* **And so we continue onwards and so we grow in knowledge — that is as it should be.**

Les: Yes we are certainly learning that Salumet.

That is my desire for you that slowly, slowly we build to an understanding, where such questions would fall into place, before even you ask the question. You understand? *(chuckles)*

Les: Yes I do. You've shown me that several times, in getting my questions before I've spoken them?

Yes, but is it not good that you ponder these things quietly?

Les: Oh it certainly is.

Yes, there is much within your world that must be corrected. Too much had been said and misunderstood, that now we are moving into a time of greater consciousness, the time is right that these wrongs be put to right.

Les: Yes and it's certainly beginning to show on our planet.

Who must we thank but each individual, who has that thought pattern of needing more knowledge and so goes forward in their thinking. As each individual on the planet reaches this state, then we begin to see a resurgence of higher consciousness throughout the planet.

Les: I'm very glad that we're doing our little part towards this, because it's so necessary for the world.

Fear not dear friends, your world is moving now in the right direction. Always there is too much *doom and gloom.* If only the power of your thoughts, were used more positively, then you would be aware that this is being dispelled all over this planet, slowly, slowly.

Les: Yes. Before you go, I do want to thank you for what you've told us, about the problem with my neighbours being sorted — twice you've told us it would be sorted and I do thank you for that, because it has been — a very nice couple and the gentleman is now coming for healing.

I have to say I was aware of your doubts, but that is why it was necessary to tell you on more than one occasion.

Les: Yes, I'm sure you knew what was going to happen anyway. *(chuckles)*

Of course, I would not be here would I, if I did not have that knowledge? I would not tell you if it were not about to happen.

Les: Of course you wouldn't, no. It's turned out very nicely, thank you.

Yes. Now I will leave you this time my dear friends, until we meet next time.

We ask that all of you be encompassed in love, be given upliftment and to have more knowledge of your own spiritual selves, in order that you can use it for the betterment of others.

Les: Thank you and our love goes with you. God be with you.

There then followed one through Eileen called Ernest. It took a little while for him to remember why he'd come to us, but then remembered that it was to talk about death and what to expect:

— If I seem a bit slow it's because I'm still a bit puzzled as to why I've come.

(Les encouraged Ernest not to worry and he placed his hand on Eileen's back. After a few adjustments, Ernest remembered why he had come and began his talk)

I think you all think you know what will happen when you die and I'm here to tell you that you probably don't! *(General agreement + chuckles)*

Les: Yes, we've all got different ideas I'm sure.

Yeah, most people do, but it's usually different from what they expect, or WHO they expect. Cos you all know you're gonna be met by somebody, don't you? *(General agreement)* ***But it's not always who you think.***

Les: No, it's not always relatives, because of the emotion.

Yes, not only the emotion — it's not always true what you feel when you're living here. You might think it is, but it's not always. So sometimes it might be a bit of a shock. Well don't worry cos there's people like me standing by to help, *(Good —)* ***especially when we've made some physical contact, while you're still alive — but you know all that I'm being told, somebody's saying don't keep going over old ground.*** *(laughter)* ***They'll get bored.***

Les: No, no we shan't. So you might be there to meet one of us?

Well not meet you, but I might be standing by. That's my job you see, helping in the beginning.

Les: So what does happen when we come over to you then?

Depends on what you expect, depends on your last minutes, depends on what you believe and it depends who wants to meet you — *(laughter)* ***whether they've got other things to be doing. I don't mean that, I'm just being —***

Les: They couldn't have anything better to do than meet us…

Well let me tell you that's not true — *(laughter)* ***not that I want to disappoint you or anything —***

Les: No, I'm sure they'd have better things to do —

But if they love you, yes they'll meet you when the time's right.

Les: So, somebody meets us and then what do they do with us?

Depends on you, again it depends on you and the conditions in which you come to us. *(Yes.)* ***If it's been a long illness, then you'll probably awake in one of our hospitals.***

Les: Yes and they're very nice, I've been shown them.

Have you? Well you're honoured to have been allowed that. But of course if that happens, you'll have many loved ones around you, helping to bring you back to full strength and energy, because that's the natural progress of somebody who loves you. But you'll be well protected, if that's the case. But the most traumatic moment, is the moment when you see everything before you.

Les: Yes, when we see our own lives —

Yes, that's the traumatic part of any passing. And that's why we have people such as myself, to stand by to offer help if we're needed — only if we're needed.

Les: And to help us overcome the shock of what we've done?

To help buffet you and surround you and help you over — probably the shock, because most people are shocked at what they haven't done.

Les: Quite, what they haven't done, more than what they have done!

Yes, it's not what they have done, it's what they HAVEN'T done and all their missed opportunities.

Les: Yes, that can be a shock.

It's a very big shock I tell you and of course it's very traumatic for many; there're many tears, cos we do have tears; it's not all happiness to begin with. But that soon dispels and you go on, to where you should belong.

Les: And my friends and I know, that we go to a place suitable, that we have earned.

Oh yes, yes you can only go to what you're entitled to yes, yes. And I have to tell you that there's places that you wouldn't want to know about, but I'm not coming here to frighten you, because none of you'll be going there, if I can help it.

Les: Good, that's comforting to know.

Yes, the lady Dawn doesn't sound too sure? *(laughter)*

Don't you worry my dear, I'll take your arm, don't you worry.

Dawn: Jolly good.

Yes, never mind —

Les: And then we go to whatever place has been prepared for us?

Not straight away, you could meet other people you've known first, before that takes place. There's no set pattern, that's something else I've come to tell you. There's too many stories about this that and the other happening. Remember that you're all very individual people and as such, you're dealt with in that way. There are certain factors which must be dealt with of course, but it depends what your desire and expectation is. You understand me?

Les: Yes we do understand Ernest thank you. Yes it's interesting what you're telling us.

Yeah, you remember that before you pass in most cases, that people are waiting for you.

Les: That's the main thing, isn't it?

Yes, people are waiting there for you, so it's only right, if that is what you're entitled to, that your loved ones meet you at some stage.

Les: Yes and then after that, it's just like going obviously into a new…phase of existence?

Probably one of your loved ones will introduce you to your new place of abode.

Les: Which they no doubt will have got ready for us, ***(Yes.)*** according to the materials we have sent them.

It all depends on how you've lived your lives.

Les: That's it. ***(Yes.)*** That's what I mean, if we don't send them the spiritual material, they can't prepare a place for us.

Of course not; I wish more people could understand that, yes.

Les: Only a few evenings ago here, I had somebody investigating our work and he was surprised when I told him it wasn't all roses, milk and honey there.

If you think that, then I'm afraid you're in for a BIG shock, big shock, big shock.

Les: They are I know; that's why I tell them.

Yes, people expect everything to change, when in fact very little changes to begin with. You'll still be YOU, just without your old body.

Les: That's it, our personality continues, just as it is here.

Yes, yes, same as I've still got mine, you see? Yes, I still use my old name when I come back, don't I?

Les: Yes, you don't need to use that where you are though.

No, but you don't forget it, do you?

Les: No you don't.

Anyway, that's what I came to tell you. Don't have any set ideas and you'll accept those conditions much more readily.

Les: I am right though I think, in saying that the soul can reproduce the physical body without any complaints, illnesses or diseases, that sort of thing, but a spiritual replica of the physical body, for recognition?

Yes of course, yes, that's the power of the thought — that is SPIRIT, it's THOUGHT — a land of thought — that's what it is. Not everyone can manage to capture that to begin with. It takes time sometimes, to discard that old body; to realise that you don't need a voice and you don't need physical things.

Les: No, we do a lot of *rescue work* here, for people who are in that sort of condition.

Oh I see, that's very good work, that's very good work.

Les: We do a great deal of it here; we're pleased to be able to.

Yes, there's lots of it needed I'm told, yes.

Les: There certainly are some poor souls over there, in need of help.

Yes we have those who help those in need on my side of live, of course there is, there's got to be, otherwise we'd be in a poor way, wouldn't we?

Les: We certainly would. We're all got to help each other, in whatever way we can.

Yes, of course you must. That's what it's all about.

Les: How do you spend your time mainly Ernest? What do you do?

I've just said, I'm there to help those newcomers. Somebody's telling me you've been told before, about going through the tunnel, that there's recognisable shadows. Sometimes that's part of my duty as well, but mainly I'm at the other end of the tunnel, when you've arrived and the confusion and the traumatic experiences. I'm there to help and guide and protect.

Les: Yes somebody told us that they show themselves as lights in the tunnel.

Yes, but sometimes souls recognise them as outlines of people. It depends on their own spiritual knowledge of course. But yes, it's visible within that tunnel of light, yes, yes. So that's mainly my tasks.

Les: So, everybody has to go through that tunnel, irrespective of the way in which they pass?

Not always — that's the main function of passing. It depends if it's traumatic, sudden passing, then it could be that they just find themselves on the other side.

Les: I'd wondered about that.

Yes, it's not — it depends if it's a sudden death or an expected death for that person, then it may just be that they're confronted by someone, who's waiting for them.

Les: Then comes the difficulty of persuading them.

Yes, at least if you're travelling through the tunnel of love, then you're being prepared for that transition. *(That's right.)* ***But no, that's what I say, you shouldn't expect just one happening, because there's many ways of passing.***

Les: Of course, we don't know in what way we are going, when the time comes.

No, so don't be surprised and don't have fixed ideas about what should happen.

Les: Well that gives us a lot to think about and adds to our knowledge considerably Ernest. ***(Good.)*** So if you hear us shouting for you, you'll know who it is.

Well don't all be shouting at once, will you?

Les: Oh, I don't suppose we'll all go at once.

I hope not — I don't mind keeping busy, but that's ridiculous. *(laughter)*

Anyway, I'll wish you all good luck in your lives and I hope that you all carry on to the very best of your abilities, because that's all you can do. You can't do more; just try your very best.

Les: That's all, just as you did tonight in coming through.

Yes, with a lot of difficulty.

Les: But you surmounted them and you're glad you did I hope.

I'm pleased to have spoken to you all, yes, yes.

Les: It's been very nice to have you Ernest and we do thank you a lot.

Just take care of you and thank you for allowing me here.

Les: It's our pleasure to have you and our love goes with you Ernest.

There was then a little girl through Eileen called Jessica, which helped lighten the energy before we closed.

~19th January 1998~

No Salumet this evening, but nevertheless this was another interesting session, beginning with one through Eileen:

I am here to tell you that the one you expect will not be with you this time. I also have to ask, that would you be prepared to be used for speech, because there is someone with us, who wishes to use you.

Les: Yes I certainly would.
The lady I speak through now, will be used for power and the lady known as Lilian, will be used to help the one who comes through you. But we must have your permission first.
Les: Yes I'd be happy to help.
Many are gathering I'm told, so it's possible others may feel they need to use words this time. But if you are happy, then I will withdraw this time and let you continue.
Les: Yes I'm quite happy to be used, in any way you wish. Thank you for opening the meeting for us.
We hope you are not too disappointed, but sometimes it happens — I leave you now and say God always be with you and keep you. *(General thanks)*
There then followed the one expected through Les:
Lilian: Good evening to you, thank you for coming.
Good evening my friends, good evening. I'm sorry to have kept you waiting. It is an honour for me to address you, when the master is not able to do so. I trust that you will accept my very inferior presence and speech, that I bring to you this time. What I have to say, may perhaps cause some confusion in your minds, but it is something, which you should attempt to understand, in order to fulfil the progress, to which you are all aiming. Do you understand this? *(Affirmation + thanks)* ***I have no doubt that conditions in your physical lives are very much the same, as they were when I walked this planet. And it is said in the good book, that the truth is not in them and I think you would agree that in many instances, this applies to ALL who walk these roads in these days. You understand I'm sure, that it is quite impossible for those who are human beings, to be fully truthful, in every aspect of their living. You would agree with this I take it?*** *(General agreement)* ***I'm afraid that if you exercise the beauty of truth on all occasions, you would soon find nobody on whom to exercise that truth. You would be very short of friends, would you not?*** *(General agreement)* ***So my dear friends, we come to an interesting theory for you to ponder upon: What is Truth? What is Truth? You no doubt have heard that question many times, I'm sure.*** *(General agreement)* ***Also I feel I can say I'm equally sure, that you have never arrived at a satisfactory answer. So the truth of the matter is that you have very carefully shelved the responsibility of coming to a decision, yes?*** *(General agreement)* ***If you'd said no, I'd have had to doubt you, because I myself went through the same problems, when on this Earth. But having left you for many years now, I can see the difficulty of trying always, to be truthful, trying always to lead what is called a 'pure life,' which in itself is an impossibility, because until we reach such levels of existence as you can have no conception of at this time, we must always have certain impurities in our beings. Would you deny this?*** *(No.)* ***Then that is truth is it not?*** *(General agreement)* ***Now we are getting there!*** *(Chuckle)* ***Now if we agree as we have, that to exercise Truth in all matters upon this physical Earth, is an impossibility, we should have asked ourselves — you may have done so — what the expression of Truth is, in the spiritual life, to which you will adjourn one day. Has this occurred to you?*** *(Mixed responses)* ***Was that no?*** *(Yes.)* ***So you do not yet recognise the problems associated with Thought itself, being used for communication and the ability to dissemble through words, will no longer be acceptable. Do you understand?*** *(General agreement)*
Lilian: It can't be easy to communicate with thought and keep them pure?
No, that is another aspect dear lady, but let's presume for a moment that you have learned the ability to communicate with thought. So we step forward from there do we not, that having learned that art of mental communication, HOW are you going to exercise your thinking capacities, so that dissembling is not possible?
Lilian: I've no idea, very difficult —
Good, good, we have reached the crux of the matter. You have no idea, has anybody any idea? All of you I think would agree, that many times — and I too was guilty — that many times you have thought one thing and your words have been another. *(General agreement)* ***It is not a criticism it is a fact of life. But when you no longer have words to echo your thoughts, how would you react?***
Sallie: More truthfully, I would have thought.
Lilian: Try to —

Sallie: Well no you would automatically be more truthful, because what you're thinking is true to you at that point, isn't it?

It is true to you at that stage yes. Now we come to the question of whether in such circumstances, it is DESIRABLE to be truthful. How many times within your life here upon this Earth, have you thought one thing and said another? Not necessarily because it is expressing a lie, but because you are considerate of the person to whom you are speaking?

George: Yes, it seems to relate to compassion perhaps, in as much as —

Please sir let us not deviate for the moment. You exercise a departure from truth do you not, for the sake of the person to whom you are speaking? *(General agreement)* ***So, what is truth? Can you answer the question?***

Sarah: Your thoughts.

Lilian: The thought is the true part.

The thought is not the truth is it, because you have varied it, according to the requirement of the person to whom you are speaking. Is that not so?

Lilian: Right.

So it cannot be true, if you think one thing on this Earth and say another, you have departed from the truth.

Sarah: But your *thought* is maybe right?

But when you do not have to use the words, how are you going to control your thinking, to assure yourselves and the person to whom you are speaking, that what you say is the truth?

George: Might I suggest that there is an absolute truth and there is as much truth as your friend can accept?

What is an absolute truth sir? Please let us have descriptions.

George: An absolute truth — a truth which would be accepted by God, by the Great Creator.

Lilian: Or as you see it?

George: Yes, as within we are all a part of the Great Creator and the truth would be central to ourselves, as it would be central to God.

You are travelling in a wide circle my friend, are you not?

George: I struggle for words, yes.

Why is it necessary to struggle for words, when words are not required?

Sarah: I think your instinct is the truth, isn't it?

You yourself dear sir, would know whether what you were saying was the truth, would you not, without the intervention of the Great Creator?

George: Yes truth is felt perhaps, more than spoken.

Of course this is what we have been saying, that the communication is mental and your words cannot dissemble, because the truth is despatched to the recipient is it not, without the intervention of words?

George: Ah yes.

So, how are you going to establish whether what you are saying is true? I will leave it with you to think about sir and I will ask the lady, I apologise for interrupting. Now please, you wished to say something? *(Thank you.)*

Sarah: I believe your *thought* is the truth and your words aren't, so what you instinctively think, is the truth.

And from where would you acquire that instinct madam?

Sarah: From the soul.

From the soul? *(Yes.)* ***And you are happy to rely upon the soul, always giving truth?***

Sarah: Um —

Remember that though the THOUGHTS are transferred from one to the other without the intervention of words, you are in a difficult position, because the one to whom you are 'speaking' shall we say to use the term, 'speaking mentally,' would be aware of your thoughts, would they not? *(Yes.)* ***And how do you think they would accept them if they know that they are not as pure as they should be?***

Sarah: I think they will be pure, because you'll know that the other person will know what you're thinking, so there's no point in trying to think something other than the truth.

So you are not really speaking the truth, you are altering your thoughts, because somebody else may think wrongly of what you are thinking.

Sarah: No I think your initial thoughts will tell you what is the truth and what's not and I think you have to stick by that. You can change your mind, but I don't think you can change your initial thought.

That is not quite clear to me please —

Sarah: What you instinctively think — your first reaction is the truth and then afterwards you might change your idea, but the initial thought pattern I'd imagine, is right.

Can you be sure of that? You use the word 'imagine,' so it would I think indicate that you are not SURE that your first reaction would be right.

Sarah: No I am saying your first reaction *is* right, that's what I think.

You said I IMAGINE it would be —

Sarah: Oh no, I'm *sure* it is.

You're SURE it would be.

George: Can we say soul is continuously evolving and evolves towards pure truth?

Yes, I will answer that with another of your phrases my friend: Upon this Earth do you not say: 'Today's truth is tomorrow's lie?' *(General agreement)* ***So evolvement as you say is continuous. So do you not then appreciate that as you evolve upon the spirit plane, so your thoughts of what is true may alter?***

Lilian: I'm sure it will.

So again I say to you, what is truth?

Mark: It's an ideal, it's not actually anything, it's always relative to the vehicle you are looking from, and everybody has a truth.

Absolutely, now we are getting to the point. It is always relative. It has amused me upon this Earth to hear you saying sometimes, yes that is very true. What can be VERY true? It is either true within your understanding of the word, or it is not true. Is that not so? *(General agreement)* ***So you see the looseness of the words you have used my friends. But as you say sir, the truth must be relative to the conditions and circumstances pertaining at the time of the utterance of those thoughts. You understand?*** *(General agreement)* ***Because remember also that those with whom you communicate, are also constantly evolving and what to them is true at one moment, may not be so, a few moments later in their lifetime. Do you understand what I have been trying to say?*** *(General agreement)* ***Would you like to ask me any questions upon this?***

George: Yes, we have been hesitating so much, because there is nothing static, all is in the condition of growth and ideals change with that growth.

Now you are beginning to realise my friend, how difficult it is for us to come to you, to explain the complexity and the immensity of Creation. We do our best, within our limited abilities, and knowledge, but energy itself, is in a constant state of flux, of evolvement, of alteration, of correction, because as energy evolves, so it within itself, realises that it is not always the infallible source, which it would wish to be. Do you follow? *(Yes.)* ***We get into complicated matters, I'm trying to simplify it for you, but since energy itself is constantly evolving, there is no absolute truth within that energy yet, is there?*** *(General agreement)* ***Because it is still seeking within itself, do you follow?*** *(General agreement)* ***This too, is what you must always attempt to do.***

George: Yes perhaps it would be true to say we can only seek the best truth, for our particular point in time.

Not necessarily my friend. You are thinking of yourSELF; think of the others, to whom that truth must be directed. What would be its effect upon them, if you spoke what you say is the full truth. Do you see the problem? *(General agreement)*

Sallie: The idea surely is to try and help people become aware, and perhaps by being too forceful in the truth, it can have the opposite effect.

It can indeed madam and it is a very wise saying you give; it can have the opposite effect. Therefore I say to you, when you approach by speech or thought another, give consideration to the effect your words may have upon that person. And if you wish to go further into it, remember that the truth is to be of SERVICE, to love another, therefore the TRUTH should be, that you do NOT think or say, what you feel is best from your point of view, but from the point of view of the evolvement of another. Is this clear? *(General agreement)* ***It puts I think you would say, a rather different complexion on the issue of the word 'truth,' does it not?*** *(General agreement)* ***Did not the lord Jesus say when he was criticised about feeding the flesh of animals to his mother: 'What goes into the mouth is not so important, as what comes out of the mouth.' — Please bare that in mind. Now do you wish any further question, if not I must leave you. I hope I have not confused you too much?***

Lilian: You've given us something to think about.

That was the intention dear lady, it's always our intention. If we cannot always give you exactly what you would require, or wish us to give you, at least perhaps we can give you something to think upon and so tread your own path towards the ultimate. Then I will leave you my friends, thank you for your patience in listening. *(General thanks)* *May the love of God be with you at all times and the love of God, is the only one truth.* ***Keep that in mind. So often — and I think it has been said before I'm told in this room, that in your religious works, other books by your philosophers, because it is said that because it is in such and such a book, it must be so — All you have to consider, not that it MUST be so, the only phrase that must be so, is that it need NOT be so. Do you follow?*** *(General agreement)*

George: That's a phrase we've had before.

Yes I believe it was spoken in this room, I am told. Does it not come to your memory? *(Yes.)* ***Good, then I bid you farewell my friends. Do not be despondent. You will have much time in which to learn, God be with you****. (General thanks + farewells)*

Another followed quickly through Les, giving some advice to George and Sallie and answering one question about child spirit friends:

Good evening to dear friends, good evening, good evening. *(General welcomes)* ***I hope you're not going to expect more words of wisdom, because if so you're going to be unlucky.*** *(Laughter)* ***I do not belong to that one's class, I must tell you. I wish to speak to the gentleman opposite, the one who was told there are two waiting to use him for writing.***

George: Ah —

Ah he says — ah, as though he has never heard of it before. *(Laughter)* ***Well what about it? You have not been giving it as much time as you could, have you?***

George: No that's very true.

What was told you earlier, 'VERY true?' *(Laughter)* ***Is it true or is it not true?***

George: Sorry about that — yes it's true — other things have temporarily taken over. But yes I must try again at more frequent intervals.

Yes, it did occur to you did it not on a number of occasions?

George: Yes, it's been on my mind.

Yes and you put it to the back of your mind and you made excuses — you had this to do, that to do, did you not?

George: Yes I must admit.

You must admit — even if you do not admit it, it is so! *(More giggles)* ***Right, to be serious about it my dear friend, please now attempt to give it more time.*** *(Yes.)* ***Those two gentlemen still wish to use you and we do know that you've had unexpected problems to deal with, and that has not permitted you to give the time, the quiet time, which is required. But now we would ask you please, to attempt if it is not interfering too much with your physical commitments, to spend time now, so that they can get down to, as they say, to serious work, which has to be done.***

George: Yes I promise yes.

Be careful be careful. We do not ask for promises, we know what you mean, but we were speaking of truth were we not? You will attempt to do so, will you not? *(Yes.)* ***Thank you. We'd rather you say you will attempt, than you promise. You may not be able to keep the promise, but if you say you will attempt, then that is understood and we shall give you all the help we can, to enable you to do so.***

George: Yes, thank you, I'm very pleased that you are speaking these thoughts.

Don't thank me my friend, I'm merely a messenger for those who wish to use you. So be prepared please and you may be surprised at what will happen.

To the lady at the end of the room now: You have had a lot of confused thoughts, about various things madam?

Sallie: Yes I have yes.

Rather like a whirlpool, is it not?

Sallie: It *is* rather like a whirlpool, yes.

It goes round and round and round and round and you come back to the beginning each time, yes?

Sallie: I come back to the beginning each time, but the beginning seems a bit different to the last beginning, so perhaps my beginnings are changing a bit.

Oh, well that's something, isn't it?

Sallie: I hope so yes.

Do you wish to ask any particular questions; that is why I have come?

Sallie: I think it's something I just have to work through myself. It would be pleasant in some ways to ask questions about it, but —

May I take you up on one phrase please? *(Yes.)* ***You have to work through it yourself, you said. Why do you always rely upon yourself?***

Sallie: I don't totally rely on myself, I ask for help. I'm probably not describing that very well, I do ask for help and I actually get lots of help, without even asking for it. And I bump into all sorts of situations, which I'm sure are there to guide me, but I suppose I'm just beginning to tune-in to things more often, than perhaps I was able to before. It is a whirlpool and it is confusing, but it's also exciting, in some ways, because I do get bits of it right in my own feelings and thoughts and connections. Some things take longer I suppose.

May I suggest that you do not attempt, to try so hard to find the answer. You're reading the back of the book, before you have completed the first chapters. Do you understand?

Sallie: Yes, I have to find more patience to go through things more slowly, I suppose.

As the master said: Come unto me all ye that are heavy laden. Do so, be calm within yourself, do not search so hard, let the blossoming of the ideas come to you, rather than you search for them. Do you follow?

Sallie: Yes, although part of me enjoys searching.

Then what do you wish, to enjoy the searching indefinitely, or do you wish that enjoyment to be enhanced by what we can give you, if you exercise a little more patience?

Sallie: The idea of having it enhanced, if I can improve my patience, is obviously to me appealing.

I'm glad to hear you say that, because if you are more patient and learn to take each day as it comes and to deal with what it brings to you, we can be closer to you, because your patience allows us to be there, it does not affect us to the extent that your impatience does. Do you understand? *(Yes, yes.)* ***Then I would suggest madam, that you make an effort to acquire that extra patience of thought, and of action too, so that we can come nearer, and in assisting you more, can give what you are searching for, without you having to spend so much energy in the search.***

Sallie: There is a lot of wasted energy, I would agree with you yes.

There is indeed, there is indeed, energy which could be much more fruitfully used, for your own spiritual development, if you turned it into that direction.

Sallie: That's one of the things I'm trying to work on at the moment, is not allowing my energy to go off in a fruitless manner.

Do not work upon it too hard. Let it come slowly and gently. Many times have you not heard within this room, 'slowly, slowly;' is that not so? *(Yes.)* ***Please I would ask you to control your impatience, for your own benefit.***

Sallie: Yes that's been helpful you saying that, I will do the very best I can.

You cannot do more, you cannot do more than your very best and for that answer, we are grateful. *(Thank you.)* ***We shall do all we can for you, you have much to give, and we do not intend to let it get away. God be with you my daughter.***

Sallie: Thank you, and with you.

I think that is all the castigating now. *(Laughter)* ***Now I will take questions, if you have any.***

George: Yes, in relation to very young children, I've noticed that they sometimes chuckle and make noises to an invisible friend perhaps and it occurred to me that the parents take care of the physical needs of a young child, but it appears sometimes as if spirit friends and also lending a hand in bringing up the very young child. Is this a sensible observation to make?

No, we do not lend a hand, we lend many, many, many, many hands! *(Laughter)* ***What do you think we do, ignore young children?*** *(No —)* ***Of course not, we are with them constantly, constantly. They are still to us in many instances, spirit beings, thrust upon this world. The reasons do not matter, but to us they are still spirit, therefore we are always in close attendance.***

George: Yes, so it would be fair to say a major part of the beginnings of a young child's —

In most instances you would be correct sir, that he or she is aware of the spirituality of those who surround him and to ease his or her sojourn, for a time upon this Earth, until he or she is more acclimatised, to the harsh conditions, which they must face.

George: Yes and sometimes although the infant hasn't learnt to speak, there seems to be quite a conversation going on.

Of course of course, that is spiritual communication. Words are not necessary, that is the spirit talking to Spirit. Does that answer you satisfactorily?

George: Yes I thought it must be, it's nice to talk about it yes, thank you.

Does anybody else wish to question? *(Silence)* ***What an awful lot you must know.*** *(Laughter)* ***Then if I have no further information to give you this time, I will leave you and ask for your continued development to progress satisfactorily, as you would wish. May God's blessing be with you all.*** *(General thanks and farewells)*

There then followed a softly spoken one through Eileen, gently bringing the evening to a close:
(General welcomes)

We would wish to express our thanks to you sir.

Les: It's a pleasure to be able to be used like it.

We want you to know that your energies will be recouped this night time, when in sleep state. *(Thank you.)* ***You know as the physical being grows old, then energy is sapped more easily from the physical being and therefore must be restored, as one must not be over-used. So in allowing so much use this time, we thank you and again I say, you will be blessed.***

Les: Yes I'm sure.

We hope your people here, found the talk from one of our teachers, most interesting. We have many, many times of teaching in our world, where we too learn so much.

Les: Yes I think everybody enjoyed it. *(General affirmation + thanks)*

He has been around you for time, I'm being told.

Les: Yes, I knew somebody was around me today quite a lot.

And the opportunity this time was most apt and it was right for him to come at this time, because I'm being told that thoughts have been given out by some here, as to why their development seems slow, but it was necessary for you to learn that you cannot rush the ways of spirit, whilst you are clothed in these bodies. Many aspects have been given to you, with this teaching, not only about truth, but about looking at oneself in the way of your own development of thought and action. So we say to you once more, be wise, listen well to those who come to you, they have the greater knowledge and come to you,

to bring it to you, because in many instances, they have had to learn their lessons, the hard way. Be thankful that they come to you, to offer the help, to give you their love and to surround you at all times, secure in the knowledge that help is at hand, whenever it is needed. *(General thanks)* ***We would like also to say to all of you here, be thankful for this one, who you know as the leader of your group, because he has many years of wisdom behind him and he knows also that many come to him, impress him and help him in everyday living. This knowledge he has gained is given to many freely and is offered with love. For this know him and know also that we too thank him for his many years of work.*** *(General thanks)* ***Now I will leave you. I thank you once more and I know that you all will leave this place this time, with much to think about and also that you all will feel much uplifted.*** *(General thanks)*

Les: I'd like to thank you too for your presence here tonight and for the serenity you bring.

I could only bring it, to conditions which can accept it.

Les: Thank you very much. God be with you.

Salumet brings further light on Truth later in year (see 24/08/98)

~26th January 1998~

Good evening.

All: Good evening.

I am pleased to be with you once more.

Les: Yes, we are very pleased that you are; we've missed you.

I have been with each one of you, although not joining you in your evening meeting — always I am by your side.

Les: Yes, it's very nice to know that you are.

I think this time, because of the small numbers, that I will answer any questions you may have this time. *(Thank you.)* **Take this opportunity to ask individual questions, because I would rather that we had all peoples here, when I give you talks about our world.**

Les: Yes. We do thank you for taking the trouble to come, with such a small number hear. We certainly will take advantage of your offer to put questions. Would anybody like to start, if not I will? *(Pause)*

Sallie: You start Leslie.

Les: I'd like to follow on what you were telling us about evolution of plants and animals, when you were last here and I wonder what happens when a bird dies. Does it automatically in your world, have a fresh body as it was here, or does it have to have a period of rest — the soul of the bird I mean — and then those responsible for overseeing the evolution, take charge of it?

I understand your question my dear friend. I think if you can recall, when first I came to you, we spoke about going on to our side of life and what happened to animals — this applies also to the birds of your skies. Because they do not retain the bond of *love*, which you human beings have upon this earthly plane, they return to a *pool of energy*.

Les: I wondered if that's what happened.

Yes, you see all energy returns to the *Source.* Because there is no individual bond or unity with humankind, we have pools of love or energy — use whichever word you desire — the birds of the sky, return to this pool of love. It is different with your domestic animals as you call them, because there is the love-link. They will return *home* and exist as *(They were? Tape falters for a second, but the implication is that they would not return to the pool of energy, but would retain their form/individuality)* **until such time as you meet again. Can you understand this?**

Les: Yes I do remember you telling us that, so they exist in their own right?

If the love-link is strong enough. *(Yes.)* **Of course, they have their own souls, but it is different for what you term, the animals of the wild.**

Les: So returning to the *pool of love,* would be applicable to the animals of the wild also, ***(Yes.)*** because there is no human love link?

There is no human bond. You see, what the human bond achieves, is the growth of the consciousness of the animal, you understand?

Les: I see, yes. Now in the case of caged birds who have become pets of their owners, would the love-link there, enable them to return *home* and re-live in a different way, or would they too go back to the pool of love and energy?

It depends on the love-link. It is possible they will remain as they are, until such time it is ready to continue on its way. Do you understand?

Les: Yes, so their owner would be able to be reunited with that bird, when the owner comes over?

Yes, if the desire and the love-link is strong enough. We have many what you call *'caged'* animals, although they no longer are caged, they are free spirits, who roam in our world, but who still have the link of love with humankind.

Les: I see, that clears that point for me, because I did wonder what would happen to them. I'd heard so often about the gorgeous birds in your planes of life.

Remember also, that although these birds and animals of the *wild* as you call them, they can make an appearance in our world, if those who tend to this energy pool, have the desire to create this.

Les: Good, I was going to ask that question, ***(Yes.)*** whether those responsible, are able to *'dig into'* the energy pool, and create life from it?

Yes that is their task, that is what they wish to do. Mainly it has been people who have much love and respect for the animal and bird kingdoms. *(I see.)* **That love does not die, it is utilised for the good of all animals, birds and creatures of your world.**

Les: So those responsible for those pools of love energy, can repopulate any particular part of your world, according to their wish to do so, for the benefit of the people living there?

Of course, and not only for the benefit of the people, but for the good of the *animals*, because remember not only is it humankind who expand in consciousness, but *all* creatures have souls, which expand in consciousness.

Les: Is that so?

Of course.

Les: So they would continue to expand in their consciousness, and does that then take them in due course, through the higher realms in your worlds?

Not in the sense you speak of my dear friend. Of course, each kind of animal expands within its own group of animals or birds. I think you are trying to say, do they reincarnate as different species?

Les: No not as different species, but if we concentrate on birds for the moment, perhaps I'll make myself clearer: Those in the higher realms on your planes of life surely would not have to be deprived of the beauty of the sight and song of birds? So birds must live within those environments also?

Yes, yes, you have to understand the expansion of consciousness — and here once more, we enter into difficult topics. The expansion of consciousness belongs to all living things, to all matter which is energised. I think that we have to leave it there, because this is something we have only barely touched on.

Les: Yes it does make it very difficult for us to appreciate how it works. ***(Yes.)*** I can understand what you mean, without understanding how it happens.

Yes — that is the difficulty of words, but remember, all consciousness is expanding and on your earthly plane even your planet is in the midst of expansion. Do you understand?

Les: I have to say no we don't — you understand what I mean by that? ***(Yes.)*** We appreciate what you say and we can try to think about it, but it's impossible for us to understand it, as you mean.

That is why we must leave it there, because for your full understanding, we have to know a little about *expanding consciousness.*

Les: We'll shelve that for the moment then and look forward to some lessons on it in due course.

It will come my dear friend, but you are not ready for it yet.

Les: I quite accept that without query, we are not. We are gradually learning more and more, and the more we learn, the more we realise there *is* to learn and understand.

Yes, and that is why we must take it all slowly, in order that what you learn, is for your own good and your own understanding of truth and all that surrounds you.

Les: Yes, and frequently comes back to me a statement which was made many of our years ago, that we must take one step at a time, otherwise we shall have to return, in order to take the step that we missed on the way up.

Yes, that is a good choice of words from you. You must take all learning slowly, if it is to be absorbed properly.

Les: Of course, it's such a vast and complex matter, isn't it?

What I try to teach you whilst we are here, is but a scratch on the surface of all knowledge.

Les: But it's becoming fortunately a very deep scratch and we gratefully appreciate having it.

I thank you for those words dear friend, it lightens my task to know that you feel you are achieving some knowledge.

Les: I think everybody would agree with that, wouldn't they here? *(General agreement)*

Now, shall we continue?

Les: Yes, another question if I may: A long time ago I asked somebody who was telling us of their life in your world — when I say '*your world*,' I must qualify that, by saying in the planes most closely associated with the Earth of course. The sky there varied in colours from blue to pink to mauve and so on and there were clouds that were also differently coloured. I wondered several times whether that is a normal environmental thing, or whether those visions of clouds are produced by the people wishing to see them?

Yes, yes, I say, we have no clouds. How can you be surrounded in such conditions and have clouds, unless it is a deep *wish* for you to see such things? *(Yes —)* **There is purity of light, light that most people who come to our world are *stunned* by; it is a brightness without the hurt of their eye, which you have on this planet, but the brightness is such, that it staggers most.**

Les: It would be a brightness of the soul and love beyond our understanding, wouldn't it?

It is love-light yes, it encompasses all, there is no change, unless the mind desires to reach out and find colours in clouds and rain and all the things that you have become accustomed to.

Les: So it is possible to produce those mentally, for one's own personal satisfaction?

Let me tell you this dear friends, let me return to my favourite words, *the power of the mind.* *(Yes.)* **Let me tell you that this *mind* can create anything you so desire — anything, provided you are entitled to it. We have spoken upon this subject, have we not?** *(Yes —)* **So let me say this to you: When those who come to our world are on the '*next plane*' as you say — I do not like it personally, but it suffices for your understanding — you do not radically alter so much, you still have your desires, you still have your needs and you still remain close to this planet. So the mind is powerful enough to create those things that you love and have become accustomed to.**

Les: They can be created within the atmosphere of that plane? ***(Yes.)*** Well that certainly clears that for me thank you, because to me, I have visualised the light as you say, ***(Yes.)*** and to me clouds would have been in effect, an impurity in that light.

The clouds would be seen only by that person.

Les: Just by the one or anybody else who might be interested in doing the same thing.

Unless there is a *group thought*, yes. But usually the thought is seen by the one person, because you cannot infringe upon another's mind power.

Les: No, so you have told us.

Yes, we go to another subject here. You would not be allowed to impinge, can you understand? *(Yes —)* **So yes, the soul can see whatever it wishes, but not to the detriment of another soul, you understand?**

Les: Yes we do — not unless it's a common desire —

Yes, there are many who come to our world who have the desire to see for some time, all the seasons, all the weathers of your world. If that is their true desire, *then they have it*.

Les: Do they?

Of course, of course.

Les: They can even have the seasonal weather changes?

Remember my dear friend, we are speaking of *mind power*, not physical elements. So although I say they have all seasons, it is *mind power.*

Les: Following on that mind power, and I think these are questions within your province — tell me if they're not please — if there should be a person who comes over to you and has been guilty of unpleasant thoughts whilst here, that person would occupy a certain strata within your world, with others of similar thinking. Those thoughts emanating from that person, could they interfere with those on a higher thinking plane?

Not at all, the answer to that is no.

Les: Thank you, I didn't anticipate it, but I just wanted clarification. So their thoughts would be confined to the limits of their environment?

They infiltrate within the group that they are entitled to be with, but no thoughts can go to any higher plane.

Les: No, not unless they are thoughts of progression of the soul.

Not even then, we have— I have spoken to you too, that we have those helpers who stand by, ready to receive the thoughts, when the soul is ready to continue on its journey.

Les: Yes, that's true, I'd forgotten that — you have said so, thank you. So the thoughts are not willy-nilly, ***(No.)*** they are not indiscriminate, they have to follow a specified pattern, for one's own development spiritually?

The qualification for progress is *truth*, truth to the soul itself; honesty and willingness to reject those thoughts of which it knows must be put behind it.

Les: Well, we certainly have a long way to go, but we'll keep trying, with your help. I don't think I have any other question at this time, I'm already pondering what you've said.

I am pleased for you.

Sallie: May I ask something? (*Yes please.)* I'm aware that one of the things I have to work on is my impatience and it may be because of my impatience that I'm asking this question — if it is I'm sure you'll advise me of that. Over the past couple of years, since having the privilege to come here, I've had some development through feelings and knowledge about people and myself, which I'm becoming more comfortable with and it makes sense to me. But recently I'm getting pictures which don't make sense to me and I suppose it's my impatience, but I want to help them along really.

Yes. My dear friend let me say this to you: You do not have to give gratitude for being here, it is your *right.* You have earned the right to be here, amongst the others, because it has taken many, many years, for us to gather you all together; that is the first thing I want to say to you. As with all human beings, there is this *impatience*, which you all are liable to. Do not be ashamed of it, because without this impatience, you would not have the *desire* to seek, to know, to grow. So look upon it not as something to despise. Now I say to you this: As your time goes forward, of course as you become more aware, your consciousness grows — that innate knowledge that you have grows — remember this I have said this to you before. You are many parts not only soul, but you have in your physical being memories, a subconscious mind, that partly belongs to the soul and partly to the physical being. When you speak of jumbled thoughts, you must begin to understand that your subconscious thoughts become much more heightened as your spiritual consciousness grows. You need to distinguish between the two and although — *(Eileen coughs and Les fetches some water)* — **Thank you. Your desire for more knowledge my dear child, will grow steadily. You will come to know the difference between what comes from spirit and what belongs to the human thinking. You cannot rush what is needed to be learned over one lifetime. Your desire is great, but you need to adopt the patience, to know and to understand that all will come to you in time. You my dear friend, would wish to analyse much that has happened to you. Let me say only this: It is good in as much as you wish to grow spiritually, but it also can hinder that growing, if you are not careful. I say to you only this my dear friend: Allow these thoughts, these feelings, these pictures, to come to you. Try to accept that it is part of your spiritual development, and all should soon become clearer to you. You cannot rush it, you cannot jump too quickly, you must take things slowly,**

slowly, slowly. You have much to offer us in the way of service of spirit. We know you read much, but there can be no place for experience, if you cut out the first steps of learning. Do you wish to reply?
Sallie: I suppose I just have to think about — what you're saying is have I cut out some of my first steps of learning.
Open up your heart, sit quietly and allow us in; that is all you have to do and all that you would wish will come to you. If you like, you can develop the feelings, the association of feeling, with other people. But do not analyse it, allow it to happen and we will continue to help. You my dear friend, are travelling the correct path, do not falter and stumble with your thinking, but allow us to support you and help you to expand and grow. That is all we ask of any of you, that you open your heart and your mind to us. Be patient, be patient. *(Spoken softly)* **Does that help you?**
Sallie: Yes it does thank you.
You must rest more too. You are spiritually tired at this time in your life and it is because your mind is over-active. Allow yourself some time for quietness of spirit. That will sustain you in all ways, spiritually and physically. I will help you dear friend.
Sallie: Thank you.
Les: Thank you very much indeed.
Do we have more questions?
Jack: Yes, could I just quickly go back to something. *(Yes.)* You were talking about consciousness earlier, the expansion of consciousness with the Earth. Were you talking about the Earth spiritually evolving?
Yes. It is a complicated subject.
Jack: I realise that, I just wanted to make sure I was on the right tracks —
Not only is it this planet, but it is all universes, it is *all* energy which is constantly expanding. Do you understand?
Jack: Yes I do, at the edge of my mind I think I know what you're getting at. I'm just trying to put it together.
Yes, you have formed a picture in your mind have you not?
Jack: I have indeed.
Yes, it is correct in as much as what you see is what you can understand.
Jack: Yes, absolutely.
It is correct, so travel towards it and your understanding will come. *(Thank you.)*
Now I think for this time my dear friends, I will allow another to speak with you and I will say this to you: Thank you for giving me your time, your love and your energy. Numbers mean little when it comes to communication, but what is important is that the energy given by those who come to us, be fully returned, when we leave. And I will endeavour to see that each one of you this time will leave feeling much uplifted and full of that *Great Creative Force of Love*, which you all are bound to.
Les: Thank you very, very much and for being with us tonight, it was an unexpected pleasure.
I cannot always promise to be here when you desire, but of course I always will try.
Les: Yes, we do know you have other work to do, that we appreciate also. We can't monopolise your time.
You do not, the desire is mine and I would say that you give *more* than I give to you. For this dear friends, I will be eternally grateful.

May peace stay with you all, until we meet once more.

Les: Our love goes with you, God's blessing on you.
There then followed one through Eileen briefly, with a message for Jack, about feeling like a puppet sometimes, being pulled by others too much. She went on to chat merrily about her life in spirit, lightening the atmosphere nicely before we closed.

~2nd February 1998~

Good evening. *(General welcomes)*

My dear friends forgive my slow introduction to you this time. Power association and unity with this instrument, becomes ever stronger and so for a little time, power connection with you, may be a little more difficult.

Les: Thank you for telling us.

I hope my dear friends that our words last time, have been of help to you. I know that for some, it created new avenues of thought.

Les: Well it certainly did for me. I've already been passing on those words to others, who I've met since our last meeting.

I am aware and am grateful to you all. After all, is that not your purpose, in being available to us, that all extended knowledge be shared by all?

Les: Of course. That is another reason we are so grateful for what you bring to us, because it does give us the opportunity of discussing with others, who don't attend these meetings.

If it creates thinking within those people, we could not ask for more.

Les: I'm sure it does, because two at least to whom I've been speaking about it were most interested and admitted that it was an entirely new avenue of thought for them.

Yes, and this time my dear friends, I would like to speak with you about 'Thinking' — *'Thinking.'* Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term intellectual thinking and intuitive thinking. They cannot distinguish between the two. And that is understandable, after all, all thinking has a purpose in your world, whether it be intellectual thinking, or intuitive thinking. In groups such as these, of course we would expect that intuitive thinking would be recognised more easily and used for the purpose for which it is intended. I hear your questions now, *'How can we know the difference?'* There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes there are; I'm one of them.

Yes, can I try to simplify this matter a little for you? *(Thank you.)* **When your thinking comes from the intellectual brain belonging to your physical mind, there is an *urgency* to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly, sometimes over some time and will always appear and return to you *many* times. The *fleeting* thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the intuition, because it comes from within and also without, from those of us who wish to help you. Do you understand?**

Les: Yes, so would I be correct in referring to that as *spiritual thinking?*

Of course, because your intuition is *spiritual thought.*

Les: Yes I thought that would be the answer, because to me they are the same. And my next question if I might: This intuitive thinking wouldn't necessarily only be on esoteric subjects, but could have an affect upon ordinary day-to-day things in our lives?

Of course, it would be of help, or information to be given to you, to be *purposeful* in your lives.

Les: And that would be because you could see the result of action taken on that thought, if we did take action. ***(Of course.)*** Now we're getting somewhere; this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: I'm very grateful, because it has puzzled me for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between fleeting thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes, well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say thank you for that thought, ***(Yes.)*** and have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be compelling, it is not. You must take control of this thinking, you understand?

Les: Yes I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time, I've been aware of these apparently intermittent thoughts recurring, ***(Yes.)*** until I have taken action.

It is part of your growth, it is part of the understanding of the self. When you know the self then you know and understand *Thought.*

Les: Yes and what has interested me too, is that on several occasions when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. ***(Yes.)*** It happened once or twice in the background as it were and then quite suddenly I feel that I've got to do it.

Do you not see my dear friends that thought, *intuitive thought*, is a giving out of energy to another, on most occasions?

Les: Yes of course it would be.

And you must think of energy as a *gift*, as a giving to another.

Les: Which in turn, must be passed onto another?

That would be the scheme of life and not always happens, but that is how it *should* be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use — always that power lies with you.

Les: Yes, that's our free will, isn't it?

But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?

Les: Absolutely it does help.

Now, does one have questions this time?

Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?

Sallie: Yes definitely with the intuitive coming back ***(Yes.)*** until you actually do the thing.

If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.

Les: Yes, it's amusing, because it's precisely what's been happening to me.

Yes, that is your intuitive thought.

Les: Thank you very much indeed I'm glad I've acted on them.

Although your other thinking can be compelling, wanting to be brought to fruition, if you deny the thought, it will be gone. Do you see the difference?

Les: Yes you're quite right.

George: Could I just say that with intuitive thought, one instinctively knows that the body of the thought is correct, whereas with intellectual thought, it has to be proved.

Yes, there would remain the uncertainty, yes you are correct.

Les: Yes the acceptance of the intuitive thought is instinctive, isn't it?

Yes it comes from within, my dear friend, yes.

Les: Good, that's most illuminating, it really is and —

Does everyone understand now? *(General agreement)*

Les: We can discuss it after if you like, because I don't think Salumet is here for very long tonight. I have one question, if you can take a question now? ***(Of course.)*** You have told us many times in the past to always check if we are unsure of our happening. ***(Yes.)*** You are probably well aware of the extraordinary happening that has never occurred before, in all the years I've been working, at our last meeting on Wednesday. You are aware of it, I believe? ***(Yes.)*** Is it correct, what was said?

May I remark upon this? *(Please.)* **Yes, partly a little — I don't know how to put it into words — *embroidery*; but basically all is well. But there was just a little embroidery, but nothing that would dismay me.**

Les: So the basis of what was told us, was correct? ***(Yes.)*** Thank you very much, because I had no doubts about the instruments whatever.

No, do not doubt them, but be careful sometimes that they are not too excited by what happens; that is the only cautionary note I would put to you, you understand?

Les: Yes thank you, I understand, and I can understand their excitement too.

Yes of course and we do not want to dampen any enthusiasm on spiritual matters.

Les: No, well thank you for confirming that. It was so realistic, that I didn't really have any doubts, but you know my attitude now.

Can I say this to you, my dear friend? *(Please.)* **If I was to know or feel that things were not correct, I would tell you, because our purpose is not to mislead in any way, but as you know there is a possibility in genuine people, to become over-excited about these matters.**

Les: Yes you're quite right, that's why I like to check, to make quite sure.

Yes, do not doubt, all is well.

Les: Thank you very much for that and it'll give them wonderful assurance too, ***(Yes.)*** because we all felt very honoured that it should have happened.

Yes, if you feel the love and the upliftment by all, you can begin to realise that it would not be felt so much, if things were wrong, you understand?

Les: Yes I do, and thank you again for the confirmation, because I shall pass that on to the instruments, to give them assurance too.

Yes, now for this time, if we have no more questions, I will leave you, only to work with this instrument for a short time and allow another to come.

Les: Thank you. God be with you.

There then followed one from the Native American Indian nations, through Sue:

Talk only for short time, to have more time with this one for communication. I give you the name of High Waterfall. *(Thank you.)* ***I say to you, every person here has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.***

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it. You were far more experienced in those ways.

Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open and your horizons will become close.

Les: Thank you, we shall certainly try, and what is the totem within us that we should be looking for most often?

Look and feel the peace, even in inner turmoil, there is peace, do you believe my words? *(Yes I do.)*
Rugged pathways are only a lesson in peace.

Les: Yes we do understand that since the universe is subject to the laws of cause and effect — if there is turmoil then there must be peace, if there is peace then there must be turmoil.

You cannot have black without white. There is no grey, you understand me, no grey?

Les: Not in the spiritual context, only in the physical world.

You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?

Les: Yes we do understand and we thank you for them.

Negative is not good, negative breads fear, and fear cannot be spiritually beneficial to you.

Les: No of course not.

Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have, in applying them to your life, but all I can say to you, is try, even a small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?

Les: Yes, we could join you in doing that.

But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.

Les: Yes you're quite right.

But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.

Les: Yes we understand what you say and will certainly try to do that, because we know the wisdom of your words and we thank you for them.

You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding —

Les: Yes we're quite sure that you're with us and we're very grateful for the knowledge.

Think upon my words and try, try to put fear behind you.

Les: We shall certainly try to do that.

We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the East.

Les: Yes we shall do that.

Your suns will never set, they will always be in the ascendance.

Les: Good that's very comforting.

I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.

Les: Thank you very much indeed and we all thank you again. God be with you.

Ar kee nyah, ar kee nyeah pah

There then followed one briefly through Eileen, who had been before, discussing animals and vegetarianism:

Good evening — I'm only here for a short time.

Les: Stay as long as you wish.

No, a short time.

Les: That is as long as you wish. *(laughter)*

I've been privileged to return myself again. I told you I would send someone to you, do you remember? *(Yes.)* ***Yes, well I'm allowed to step in this time, just for a short time. Do you remember your question?***

Les: Which one, I ask so many.

Yes I know, you obviously do not — yes your question was about eating meat, do you remember? And you asked me if in saying thanks to the animal before it was killed, did that make a difference?

Les: Oh yes I remember now.

Well I was most surprised myself by the answer. Yes, the animal would prefer not to be sacrificed for human consumption, but if the thought is good and thanks given for the animal's life, then in some way that makes matters okay.

Les: That's interesting, thank you. I know a lot of the tribes did thank the animal before they killed it, didn't they?

Yes and people still do I'm told, but the animal would prefer to live life to the full; so I hope I've brought the answer to your question.

Les: That's very kind, we do appreciate it. Now of course we have to ask ourselves whether, in view of the fact the animal would prefer to live longer, are we acting detrimentally to our own spiritual progress, by taking its life?

I have been instructed that you have been told it would be better to refrain from this act, but consequently the choice is yours.

Les: We have been told you're quite right.

Yes, well I also have to say, it's much more damaging to curtail the life of an animal who has received human love, rather than the beast in the field, I have been told to tell you.

Les: That's understandable too; ***(Yes.)*** because to take the life of an animal that has had human love, would be denying that love, wouldn't it?

There is a little twist I think, because you don't fully understand that the animal in the field, can feel the love from the human, even in mundane tasks, such as feeding and watering.

Les: Is that so? They feel the love for the human, do they?

Of course it is a love act, isn't it? I too was surprised by these answers, because when I came to you I told you I had many troublesome times, coming to terms with meat eating and that you must not torture yourselves too much. Do you remember? *(Yes.)****Yes well you see I too have learned something***.

Les: Good, so we've been helpful to each other?

I should say so!

Les: That's very nice and we do appreciate you coming back, as you promised.

Well I didn't promise, so I'm really surprised.

Les: I mean the answer you promised, I put it badly.

Yes I did go back and find out, to see if it could be given to you.

Les: Thank you very much indeed, we're all grateful to you.

(General thanks and farewells)

~16th February 1998~

Good evening. *(General welcomes)*

As we come together once more, let us give thanks for this opportunity to bring more knowledge to you. *(General thanks)* **I know that your time has not been uneventful since last we met, but it is most joyous to be together once more.**

Les: Yes, you are part of our lives now and we do miss you when you don't come. *(Salumet had not come through at the previous meeting)*

I am indeed part of you and I am never far from you. *(Thank you.)* **Now, let us begin this time and let us say that every moment be used to fulfil understanding and any questions you may have this time.**

Les: You wish us to ask questions now or are you going to give us more education first?

I will take questions this time first.

Les: Right. At our last meeting on Wednesday, which as you know is an entirely different evening, *(mainly 'rescue' work)* we were told that all those present, had been together in a previous life, and it was said that we had been Buddhists and one of the lady's had very clear clairvoyance of the monastery, in which it was said we used to live. What I wanted to ask first, one gentleman who was at the Monday meetings when first you gave us information as to what we were in a commune, was also at the Wednesday meeting, as I was myself. Would that mean that both of us have been part of both previous lives?

I understand the question. Let me say this to you: That no significant meeting of another in one lifetime is by chance. There can be no *chance* meetings, in a perfect law. So let me say this to you: That all peoples who are drawn to this place of love, have come because they know and are drawn to the love and light of the place and the peoples within. I will say this to you, about your other meetings, but firstly I wish to say this to you dear friends: *Forgive the past*, forgive the past. You do not fully understand the meaning of my words, but I will return to them later. *(Thank you.)* **Those who are joined together in another meeting have come together for the same purpose of growth, that you peoples here**

have also. Of course my dear friend, *you* are the link for all of these peoples. Therefore, your unity with each one is such that you have spent many of your lifetime in unison with them. So the answer to your question for yourself is *yes*, you have lived amongst the peoples here, as one commune and also with the others. There has not been a unity of all of you at one time. *(I see.)* **But let me continue with your question. There are two members in your other group, who do belong with this one. That is the gentleman mentioned and also the lady known to you as Doreen.**

Les: Doreen, that's interesting, she'll be delighted to know that.

Of course you understand that not just the few peoples here within this group, were enough to supply a small commune. There are others, there have been others, not present at this time. You understand this. *(Yes —)* **I would think it must have crossed your minds and I have been awaiting the question.** *(General agreement)* **But that is not our concern this time. But the gentleman and the lady have belonged to this group of people, you understand?**

Les: Yes that certainly clears that point. I was very interested, because you've told us in the past that some of us come back with a memory and it would seem that the memories of our previous lives have come into operation again in this life, as you said does happen.

I will return now to the words I have used: *Forgive* the past; what purpose does it serve, to know what has gone before.

Les: No real purpose I agree.

So, I say to you, remember that you are not one whole that each lifetime is served by a segment of the whole. The segment that is used for one individual lifetime, is but insignificant to the whole. Are you following?

Les: Yes it's beginning to become clear to all of us I think.

That is why you must forgive the past, you must go forward, allow yourself to experience new concepts, new growth, new understanding of spirit, in order that you return to the whole enriched and more knowledgeable, in your quest for knowledge. That is why when the soul incarnates, all memories are mostly erased, because it serves no purpose for the soul's growth, to remember what has gone previously. After all, you are a different segment of being, that is why in this lifetime, it is good that each one of you has come together once more, to continue with your work, your understanding of each other and to extend the love, which you began as a group together. Has that been helpful to you?

Les: It's been helpful to us all I'm sure, hasn't it? *(General agreement)* Yes it gives us a far greater understanding of what has been, and what is to be.

Always look towards new experience, ask always that your understanding become greater, that your outlook is forever looking forward. After all, the experiences which you have gained, have grown. You are here to learn those lessons, which so far, you have been unable to attain. Do you understand?

Les: Yes I do, but one thing I'm not quite clear on, those two — taking myself having been in those two previous incarnations, ***(Yes.)*** both those presumably would have conditioned in some way, the part of me, the part of the whole, which is living *now.*

You would have returned to the whole, with the lessons and the knowledge, which you had gained from those lifetimes. You must see yourself as one whole unit, which is able to expend itself to individual lives. I know this understanding must be difficult, because most see yourselves as one physical body and one soul. The *soul* is *many integrated parts*; until your understanding reaches this stage of knowing, that you are not *one soul*, you will never fully realise the greatness that lies within you. You have to try to expand the knowledge of *who you are*.

Les: Well as usual, that gives us a great deal more to ponder upon.

That is my wish for you that each time I come, new formations of ideas reach you, in order that you can find yourselves, that the meaning of life becomes clearer to each one of you. After all my dear friends, you have not come this far in your development, not to begin to understand what your *real* self, the soul, the spirit, call it what you may; the time has come for you to understand, what you are about. Do you follow?

Les: Yes I begin to see what you are driving at. So it is not conceit then, thinking of ourselves as this part of the soul, it's not conceit to think that we have far greater potential, than ever we have considered?

No, no, that is not conceit as you know it, that is the *truth* of *seeking.*

Les: So we have to keep that in mind then, that our potential is much greater.

It is ever-expanding; *(Yes.)* **it cannot be static, otherwise what is the purpose of your life? You would remain in a vacuum of knowledge, without going forward.**

Les: Yes, that's interesting you say that, because at our last Wednesday meeting, one of the members asked me a question about ultimate learning and I said, you never will reach the ultimate, because everything is constantly expanding. So it is a question always of *striving* to reach something, which you will never to able to reach.

We have spoken about this. How can energy stand still? Knowledge belongs to the *great universal Love*, which you know as God, as understanding of the *soul.* So of course you must expand and grow.

Les: But never be able to reach finality.

Of course not.

Les: Thank you, I'm glad that I didn't advise her in the wrong way, because that's precisely what I said —

I wish I could demonstrate to each one of you, the potential that lies within. The soul's growth is never-ending. We each one of us seek, search for that love, that all — *(some coughing interrupts dialogue briefly and the sentence was not completed and voice begins to fade, as if spoken from far, far away)* **Existence is never-ending, so how can knowledge end? That *Great Creative Force*, it is ever-expanding, creates in us an ever-expanding soul. My friend, I speak about deep matters here. I am sure your understanding is such that you could not understand what I say to you. *See* that ever-expanding soul within that ever-expanding *sea of love*, and you will begin to see the fluidity, the knowledge, which exists in *all time*. I wish I could demonstrate to you the power within you all, the power which is your entitlement.**

Les: I think we are beginning to have an idea of it, after what you have told us.

Your question dear friend — *(Pause)* **forgive me dear friends, I was being drawn away from you, because of the complexity of the questions. The instrument will be fine. Now let us continue.**

Les: Thank you. I'm sorry if my questions cause problems.

Not problems, but we touch on deep subjects here. It is not the questions, but the inability to express in your Earth terms, understandable answers.

Les: Yes we do understand; So much is beyond our comprehension.

Yes, much as you have grown since first we met, your understanding leaves little room for such great expansion of knowledge, as your questions have raised. I hope I have enlightened you just a little.

Les: Yes you have certainly done that and again we are grateful for what you have said.

Do you have more questions?

Les: Yes, I do have another which relates to something you told us a long time ago, about memories sometimes being of a spiritual nature. We remember what we have done when we come over to you in our sleep state, but that gets confused with the subconscious; this we do understand. But is the *subconscious* as we call it, part of the physical brain, or is it activated by the spiritual mind?

The subconscious belongs to the spiritual mind.

Les: Thank you very much, that clears that one, I couldn't see that what transpires within the subconscious, could be activated by the comparatively low grade physical brain.

The subconscious mind is your diary of events, if I could put it so simply and that belongs to the soul.

Les: I thought it must do, thank you for clarifying that, I'm sure we're all glad to have that clarification, aren't we? *(General agreement)* Because I think it must have occurred to all of us at some time — what is the beginning of the subconscious.

Without the subconscious mind as we term it, the physical brain could not continue on its own. It would be like an instrument without a player. Do you understand?

Les: Yes we do understand and I think we've all been aware of that in the past, that the brain is activated by the spiritual mind. So many people get the two confused.

Yes, it is something which you humans ponder and argue over so often. But do not doubt that your subconscious mind is the book of all events.

Les: Thank you. That is all the questioning I have.

I will say a few words only this time and then allow another to come to you. *(Thank you.)* **Still dear friends, each one of you ponders the question, *'Why is life so difficult at times?'* I will return once more if I may, and say: The power of *your mind* is at fault, nothing else, no one else; each one of you must accept responsibility for all that occurs in your thinking. If life situations distress you, you must look inward and ask yourself, why does it distress you so. The answer lies within yourself. Forgive, give love, and your lives will be as you desire. Love and only love, can bring about the lifetime, which you all deserve. And hear me well my dear friends: You ALL have the ability and you, each one of you, are deserving of the best that the Great Creator has to offer you. Remember each one of you is a perfect form, of that Creative Force and in having that knowledge, you have the equipment to have the very best of this life, upon this planet.**

Ponder my words this time; each one will review them in a slightly different way, according to their own progress. But each one will find realisation, that what is within, is ultimately what you have made it. I leave you now my dear friends, with my ever-increasing thanks for your love and your welcome. Until we come together once more, we give thanks for all that we can achieve.

Les: Thank you again for all you have told us. God be with you.

Eileen then channelled another, who needed to come through into the physical, though did not require any particular dialogue. Finally, one through Sue touched on what had been said by Salumet earlier:

—I will say before your meeting comes to its close, that the information received into this room this time, was of benefit and was necessary. So, of course as you were told, your question was expected. We always have a purpose in mind and nothing, nothing is said or occurs by chance. Sometimes these things seem to take a long time in your time-span to happen. But believe me when I say, in actual fact it is only like a twinkle of the eye.

Les: Yes we don't understand the time difference, but we do accept what you say.

Even when it is your time to come to us, even then, you will not fully understand the time-scale. It will take some time to become aware of the difference and the reasons for it.

Les: Yes of course. Thank you for telling us — *(General thanks and farewells)*

~23rd February 1998~

Good evening.

All: Good evening.

Your anticipation and welcome brings me to you once more.

Les: Very nice as usual to have you with us.

Let us this time, give thanks for this joining together, this union of like minds. Give thanks that we come together as ONE, in expectation of growing spiritually together.

That is our endeavour this time. I hope dear friends that each successive visit with you, brings us in unity each time, more closely.

Les: I'm sure it does, it does with me, I think it does with everybody else, doesn't it? *(General agreement)*

I would like this time, to talk with you, about a much-used word in your world, *'wisdom.'* If you are willing, let us have some debate upon this topic.

Les: That would be very interesting, because I think *wisdom* and *knowledge* are often confused and it has for many, many years, been part of my prayer, to ask for the *wisdom* to use properly, the *knowledge* of which I am given.

Yes, it would suffice I think, if we could have individual views, on what you think is *wisdom.*

Les: Yes, shall we start with you Margaret?

Margaret: knowledge of *life*, isn't it? What you've learned through life, then it becomes wisdom.

Les: You think its knowledge?

Margaret: Well, to have wisdom, you have to have knowledge, don't you?

We will hear all your points and then I will speak at the end.

Les: Thank you, George?

George: I would say wisdom is the proper use and application of knowledge; it would also come into the further seeking for knowledge and the use of knowledge to the common good.

Mark: I would say that it's the appropriate use of knowledge, the right use at the right time. It's a bit like when we were talking about truth. When we were talking about truth, truth was relative very much to the time and the meaning of the person, but I think wisdom has a more concreteness about it, but it must also be relative as well, I would have thought. But I don't know, it's slightly different from truth, it's more to do with the application —

Les: Right, if we could stop there please. Sarah?

Sarah: I have a feeling that wisdom is something — an inner help you get with wisdom. Knowledge is something you've *learned* and wisdom is something that comes from *within* you. You don't know why you do certain things, but you do them. It's — how can I say it, it's not spiritual, but it's something you're helped with from inside, rather than something that you just know.

Sallie: I think the ultimate wisdom, is a form of understanding.

Jack: Wisdom, yes — the way that you use your knowledge I would say and what you gain in experience. I would define it as the way experience has taught you the way you should behave and I think wisdom is actually applying that.

Dawn: I think wisdom comes through experience and also due to a certain amount of intuition.

Les: Right, and I think wisdom is mainly the ability to know when we are not as wise as we think we are. That I think would sum it up, because we can never require sufficient wisdom, to be cognisant of the requirements of everybody else around us, and that I think is what we must all strive to do.

Yes, my dear friends, your answers are the usual amongst human beings. You are unclear mostly, about the use of the word; it is not a word easily defined. Your understanding, your knowledge, belongs to the *physical.* Let me say this to you about wisdom: You are human; wisdom my dear friends, can never be achieved, whilst you are on this Earth. Your explanation of wisdom is mainly a physical one, combined with the word understanding, the gaining of knowledge and so forth. I would say to you my dear friends, wisdom whilst you live in these bodies, has to be the elimination of all extraneous thoughts, emotions and human compulsions, before you can even begin to consider wisdom. The young lady was partly correct in her saying, when she said she does not know where the understanding comes from. It is an innate emotion within you all; the spiritual aspect of oneself. I do approve of your human word, '*oneself*,' because in this existence, that is all that you are.

Wisdom therefore my dear friends, is a gathering of spiritual knowledge of each *self*, which is gathered together, to be taken forth, with *love.* Wisdom is a fragile gift; wisdom is the inner knowing of life itself, for surely does not the sunshine follow the clouds? Is that not wisdom? Is the doing of an act, which you would not truly do for yourself, but for another, is not that wisdom?

Les: Yes I suppose it would be.

Do you see what I am striving towards? Wisdom is not emotion, wisdom is not a gathering of knowledge, wisdom is something each one of us continues to seek and which we can never attain, because always there is more to know, because your consciousness is ever-expanding. Do you not see, that in seeking wisdom that is what you are searching for? Can you begin to follow me, dear friends?

(General agreement)

Les: Yes I think we do, so to clarify a little for us, we have to look upon with a different meaning don't we? ***(Yes.)*** We have to recognise that wisdom is the need to try always, to attain the spiritual, ***(Yes.)*** rather than concentrate on the physical attributes?

Yes, you seek and ask for wisdom, when what you mean, is to be given human understanding of all of human life. Do you see the difference? *(Yes.)* **There is a difference.** *(Yes —)* **You were correct, when first you spoke about the difference between knowledge and wisdom. Wisdom dear friends, comes only — comes only and I say this with love and sincerity to all those I have communion with — wisdom comes only to those higher beings, who have attained such position in spiritual knowledge and love, that they have grown so, in their own consciousness, to become part of the whole. Only then, does wisdom begin to show itself, can you understand?** *(General agreement)*

Les: Yes we can; so we have a very long journey before us, before we can fully appreciate what wisdom is?

I would rather dear friends, in your prayers and your thoughts, not to ask for wisdom, because wisdom belongs to you naturally, it *will* come when you are ready for it. Do not seek it whilst you tread this planet; rather ask that you be shown *truth* — and *knowledge* if you must. Ask that you be guided, that you have the ability to eliminate all that *stuff* that is unnecessary to you. Only then will you have clear-seeing, only then will the understanding come to you, that *life* on this planet is hard work and only then will that love within you, come forward to encompass you and to lift you into that *Great Cosmic-Consciousness*, to which we all belong.

Les: Yes, Jesus had the same thought in mind, I imagine, when he said, *'What shall it profit a man, if he gain the whole world and lose his own soul?'*

That is one expression, yes. You must be your own overseer of the soul. After all, you have the responsibility to care for, to nurture and to allow that soul *structure* in its lifetime. You must allow the soul to grow and again dear friends, I speak not only in physical terms; you must have balance in your lives, of course you must, how else could you survive? But what I say to you is this: Leave wisdom to those who have attained some degree of it and who will help you, when the time is right. Ask dear friends only, that you can extend your love to all of mankind, to all of humanity and to genuinely give of yourself. What point is there, of asking for understanding, if you do not make use of it properly? Are you not being hypocritical in your daily lives, if you ask for something and then deny the knowledge that you are given?

Les: Yes it would be hypocrisy. You've set us another big task.

I would say this to you, my dear friends and I will use this word wisdom only once in connection with your physical being: True wisdom, is eradication of all that is unnecessary for the soul's growth. But the true wisdom is in knowing oneself. There lies the seed of wisdom.

Les: Yes I can understand. I think everybody else is clear on that, is everybody? *(General agreement)* Are you sure, because I'm sure Salumet will take a question if you have it?

Yes, I would rather we discussed it fully this time, because I do feel it is a step that each one of you must make, a step in understanding.

Sallie: I've got one question please. ***(Yes.)*** I didn't quite catch what you said, maybe that's why I'm confused, but you said something about asking for understanding, being hypocritical and I didn't quite understand what you meant?

No, in asking for understanding and not putting it to its correct *use*, would be hypocritical — better that the words were never spoken, do you understand? *(Pause)* **No, she is confused.**

Sallie: I'm still confused, yes.

Each one of you, at some time or another, seeks knowledge and understanding in your daily lives, do you not? *(General agreement)* **When the understanding is given to you, it matters not about what, how often does that understanding be thrown by the wayside?**

Les: Because it would conflict with our physical desires?

Yes, that is where I say, you would be better not to ask, it would be better to be ignorant of the knowledge. If it is given to you, it is up to *you* of course, because of your free will, but ultimately it is your choice, whether or not to use the knowledge given to you.

Les: Yes because if we ask for it, we are implicitly accepting the responsibility, for using the understanding that we are asking for. ***(Yes.)*** And if we don't use it and accept that responsibility, then I quite see what you mean, it is hypocrisy.

Of course, I use the word in your physical language, for understanding only, but I say to you — and again I return to my favourite word, *'THOUGHT,'* and how important that is to each one of you. That is why I say, wisdom is the elimination of all extraneous emotions. Why do you seek, if you do not use? Do you follow me?

Les: Yes I do, are you clear Sallie?

No she is not.

Sallie: I understand what you've explained, ***(Yes.)*** I understand the words that you're using, but there's something that doesn't sit right with me about what you're saying, but I don't quite understand what it is.

Yes, you feel that you have the right to ask, of course you do. But what is the purpose of asking, if you do not follow through with the knowledge that you are given?

Sallie: I understand what you mean, but there's also the feeling that unless I ask, I don't even have the opportunity, to perhaps work with that understanding. Perhaps I'm putting myself at risk, because I could be given the understanding and not use it, but there's a possibility that I could use it.

Of course and that is where your free will comes into play. But what I would like you to know and to understand, is that if you are to grow spiritually, you must have full control of your thoughts. *(Pause)* **She does not understand and is not ready for this information. We will leave it with you and I will try to help, to make it more clear to you, in your sleep state.**

Sallie: Thank you.

Les: If I might say Sallie, I believe what Salumet is trying to get through to all of us, is that having asked for understanding, we must not even *think* of doing something which would effect that understand, or deny it, which is often our physical habit; we want to do the spiritual thing, but our physical inclination, ***(Yes.)*** makes us not do it. We mustn't even *think* of exercising that physical inclination.

You must, if you are to become *aware* spiritually, you must have *command* of the *physical thinking*, you must have *command* of the whole *physical being*. After all, I am sure you are aware in your world, of many you call masters — are they not concentrated beings of thought? You would not find in any one of them, extraneous emotional thought that is not useful to mankind. That is why they have grown so spiritually, it is the control of the emotion, control of the thought, control of understanding and the need to give love to all, without thanks.

Les: So basically, we have to guard our thoughts Sallie — all of us; that would seem to be the answer.

Sallie: There's something I'm missing in this conversation and as Salumet says, maybe I'm on the wrong track, so maybe I'll take it away and sleep on it, yeah.

Yes, clear your mind my dear friend, her understanding at this time, is not ready. After all, did I not tell you when first I came, that we would have many difficult conversations, that you could not all, in your own developmental stages, fully understand?

Les: Yes, you did that.

So, do not feel my dear friend that you are lacking because you do not fully understand. Be assured that it will come to you, when you have fully opened to it.

Sallie: Thank you.

Les: Any other questions? I think Salumet's covered it pretty fully, in what he's told Sallie.

It is a difficult topic, because most people think of wisdom as a physical attribute, something tangible that can be touched and felt and seen in others. I am here to tell you dear friends, it cannot be so simple.

Les: So to sum up then, wisdom is a spiritual asset, which we have not yet attained, not even really thought about properly.

I would say that after all, *one self* in one lifetime, how much wisdom could you attain, in all of eternity?

Les: No, you're quite right. Again we're thinking in physical terms of one life, aren't we?

Yes, that is why it pleases me to hear your term *'one self,'* after all *one self,* in one lifetime, is but an iota of the whole.

Les: Yes well that certainly does make it clearer, that we have to recognise that we must not regard this one life, as the only method of learning.

It is not the ultimate, of course it is not. Your understanding is such now that you know or should understand that the knowledge gained in one lifetime, is *nothing*, *nothing* to what can be *achieved.*

Les: That makes it clearer for us all certainly, doesn't it? *(General agreement)* I'm guilty as well as the rest of you — you're not getting out of it any of you — *(chuckles)* I was just as bad, only thinking of the one lifetime, which is the crux of the matter, I think.

That is what you must all dwell upon, that you have come together this time, as like-minded people, but secure in the knowledge, that at least in this lifetime, you have had the chance and the opportunity to grow spiritually and that your lives have taken the correct pathways, to love and to light. Enlightenment in this lifetime, has been much for some of you, and for the others who are new onto their own pathway, there is a long way to go, but nevertheless, you have accepted and you have all dear friends, stepped into the light of knowledge. I thank you this time, for listening to me with love and with patience. I can feel the confusion within some minds, but I say to you, everything can be achieved, if you will open yourselves to those who come to you, to help you and uplift you, to bring you awareness, to bring you the help that is needed when it is needed. If you will but open up your hearts to them, you would be surprised how much less difficult, life could be for you. Come to know yourselves, and you have the beginning of much growth.

Les: Thank you very, very much. *(General agreement)*

I do hope I have not tired your thinking? *(Enthusiastic thanks/gratitude expressed)*

Les: You've given us I big '*jerk up*,' in our expression — we're thinking like mad at the moment.

I feel it, I feel it.

Les: It's a wonderful avenue you've opened.

I am always warmed by the affection and the openness of your hearts. It gives me joy to know that at least the physical brain is kept alive; that many thoughts are pondered and I ask that you use those thoughts wisely, wisely, wisely *(Voice gently fades)*

Les: We're very, very grateful for what you've told us tonight, it does for me open up a completely new wide avenue of thought and I'm sure it must do for my colleagues here too, *(General agreement)* because we do tend to think only of this one lifetime and that we must not do.

I hope that in this lifetime that this lifetime will be one, which you can reflect upon, as being one lifetime of greater understanding.

Les: Yes I think we shall be able to say that, thanks to your being with us.

As you all reconnect to that centre of love and energy to which you belong, I know that each one of you, will find that this lifetime has brought you closer to the unity of perfection, to which we all seek.

Les: I'm sure it will have, quite sure of that. I was thinking of you two or three nights ago actually; I was watching a TV program, and photographs of the sky taken from telescopes in space. No doubt they are still in their infancy, compared to those on some other planets, but I thought of you, because these telescopes are bringing to us the colours that we are not able to see with the naked eyes and the immensity of the Universe is just staggering. You've told us many times, but to see it, as we can see it now, really is incredible.

Much is growing within your planet — the seeking and the searching without into the universe. But your universe belongs to such a *tiny* portion of all existence, I could not begin to explain to you, in understandable terms, how *minute* you are.

Les: I can quite see what you mean Salumet, having seen those pictures the other night, it was staggering. I don't know whether anybody else saw Patrick Moore's program? It made me begin to realise the immensity that we'd been told of.

When you begin to feel the unity and the oneness of the Cosmos, then truly you have the beginning, of understanding of all spiritual matters.

Les: That's interesting you should say that, because I had a peculiar feeling, that although it was so immense, that it's beyond our comprehension, but I felt part of it.

(Salumet's voice is now a gentle whisper)

Yes, and you should, because we are all part of it; there is no divisions, you can see planets, stars, universes, but all is part of each other, as we are, when you feel the unity, the joining of spirit, indeed you have begun your journey *home.*

Les: Splendid, yes it was a peculiar feeling, but a very comforting one, I must say.

Yes, that is a human word, *'peculiar,'* it should be *natural* for you, it should feel good, secure comforting, it should encompass you, within the feeling of *love;* in order that your knowing comes to you, that you are not separate, but you are *intertwined*, within the *Great Creative Force*. Feel it within you, know you are part of it.

Les: Yes, it is in some ways frightening to recognise that we are part of such an immensity.

Do not be afraid, because each one of you shines forth, in your own state of love and light, without which, others could not exist. My dear friends, I leave you this time; I wish that I could gather you all to me, to join me on my journey *home.*

Les: We would like to be with you; we shall have to be with you in thought.

Always you will be, but one day, one day we will be joined together, in your spiritual home, with the greater understanding and knowledge, with love abounding from each one, secure in the knowledge that you have attempted the very best that you can.

Les: We look forward to that time. I have one brief question to ask if I may, we had a gentleman, who's very interested in learning more about this work. He came to another meeting, but I wouldn't ask him here, to one of your meetings, unless you approved. If I have your permission, then I'll invite him as a guest one evening. I think he is sincere in his interest.

His enquiries are genuine. Therefore if the others have no objections, then I cannot see any reason to deny him.

Les: Thank you very much, I'm sure he'll be very interested to hear you.

I will leave you this time my dear friends. Know this: That the time is closer when I will be even more strongly with you. Be patient, accept what I bring to you and know we have much to offer you.

Another immediately followed through Eileen, with a brief message for Mark, before we closed.

~2nd March 1998~

Good evening. *(General greetings)*

My dear friend, forgive my slow introduction to you this time. Power association and unity with this instrument, becomes ever stronger. And so for a little time, our connection with you may be a little more difficult.

Les: Right, thank you for telling us.

I hope my dear friends that our words last time have been of help to you all. I know that for some, it created new avenues of thought.

Les: It certainly did for me—I've already been passing on those words to others, since our last meeting.

I am aware and am grateful to you all, after all, is that not your purpose, in being available to us, that all extended knowledge, be shared by all?

Les: Of course, that's another reason we are so grateful for what you bring to us, because it does give us an opportunity to discuss with others, who don't attend these meetings.

If it creates thinking within those people, we could not ask for more.

Les: I'm sure it does, because at least two of the people I've spoken to were most interested and admitted that it was an entirely new avenue of thought for them.

Yes and this time my dear friends, I would like to speak with you, about thinking, *thinking.* Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term 'intellectual thinking' and 'intuitive thinking'. They cannot distinguish between the two and that is understandable; after all, all thinking has a purpose in your world, whether it be intellectual thinking or intuitive thinking. In groups such as these of course, we would expect that intuitive thinking would be

recognised more easily and used for the purpose for which it is intended. I hear your questions now: *'How can we know the difference?'* There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes there are and I'm one of them.

Yes, can I try to simplify this matter a little for you?

Les: Thank you.

When your thinking comes from the intellectual brain, belonging to your physical mind, there is an urgency to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly; sometimes over some time and will always appear and return to you *many times*. The fleeting thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the '*in*-tuition', because it comes from within and also without, from those of us who wish to help you. Do you understand?

Les: Yes, so would I be correct in referring to that as spiritual thinking?

Of course, because your intuition is spiritual thought.

Les: Yes I thought that would be the answer, because to me they are the same and my next question if I might, this intuitive wouldn't necessarily be only on esoteric subjects, but could have an affect upon ordinary day-to-day things in our lives, yes?

Of course, it would be of help, for information to be given to you, to be purposeful in your lives.

Les: And that would be because you could see the result of the action taken on that thought, if we did take action?

Of course.

Les: Thank you, now we're getting somewhere—this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: Yes I'm very, very grateful because, it hasn't actually worried me, but I have been puzzled for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between fleeting thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say 'thank you' for that thought. **(Yes.)** And have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be compelling, it is not. You must take control of this thinking, you understand?

Les: Yes I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time—I've been aware of these apparently intermittent thoughts recurring, until I have taken action.

Yes, it is part of your growth, it is part of the understanding of the self. When you know the self, then you know and understand thought.

Les: Yes, and what has interested me too, is that on several occasions, when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. **(Yes.)** It happened once or twice in the background as it were and then quite suddenly I feel that I've got to do it.

Do you not see my dear friend that thought, intuitive thought, is a giving out of energy to another, on most occasions?

Les: Yes, of course it would be.

And you must think of energy as a gift, as a giving to another.

Les: Which in turn, must be passed onto another?

That would be the scheme of life and not always happens, but that is how it should be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have

command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use; always that power lies with you.
Les: Yes, that's our free will, isn't it?
But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?
Les: Absolutely it does help.
Now, does one have questions this time?
Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?
Sallie: Yes definitely with the intuitive coming back to you.
Margaret: Until you actually do the thing. (Yes.)
If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.
Les: Yes, it's amusing, because it's precisely what's been happening to me.
Yes, that is your intuitive thought.
Les: Thank you very much indeed, I'm glad I've acted on them.
Although your other thinking can be compelling once to be brought to fruition, if you deny the thought, it will be gone. Do you see the difference?
Les: Yes you're quite right.
George: Could I also suggest that with intuitive thought, one instinctively knows that the body of the thought is correct, whereas with intellectual thought, it has to be proved.
Yes, there would remain the uncertainty, yes you are correct.
Les: Yes the acceptance of the intuitive thought is instinctive, isn't it?
Yes it comes from within my dear friend, yes.
Les: Good, that's most illuminating, it really is and…
Does everyone understand now?
Les: Everybody clear on it? *(affirmations)* We can discuss it after if you like, because I don't think Salumet is here for very long tonight. I have one question, if you can take a question now?
Of course.
Les: Thank you, you have told us many times in the past to always check if we are unsure of our happening. **(Yes.)** You are probably well aware of the incredible happening, which has never occurred before, in all the years I've been working, at our last meeting on Wednesday. You are aware of it, I believe? **(Yes.)** Is it correct, what was said?
May I remark upon this?
Les: Please.
Yes, partly a little—I don't know how to put it into words—embroidery, but basically all is well. But there was just a little embroidery, but nothing that would dismay me.
Les: So the basis of what was told us, was correct? **(Yes.)** Thank you very much, because I had no doubts about the instruments whatever.
No, do not doubt them, but be careful sometimes that they are not too excited by what happens. That is the only cautionary note I would put to you, you understand?
Les: Yes thank you, I do understand, and I can understand their excitement too.
Yes of course and we do not want to dampen any enthusiasm on spiritual matters.
Les: No, well thank you for confirming that. It was so realistic, that I didn't really have any doubts, but you know my attitude now…
Can I say this to you, my dear friend? (Please.)
If I was to know or feel that things were not correct, I would tell you, because our purpose is not to mislead in any way, but as you know, there is a possibility, in *genuine* people, to become over-excited about these matters.

Les: Yes you're quite right, that's why I like to check, to make quite sure.

Yes, do not doubt, all is well.

Les: Thank you very much for that and it'll give them wonderful assurance too, because we all felt very honoured that it should have happened.

Yes, if you feel the love and the upliftment by all, you can begin to realise that it would not be felt so much, if things were wrong. You understand?

Les: Yes I do, and thank you again for the confirmation, because I shall pass that on to the instruments, to give them assurance too.

Yes, now for this time, if we have no more questions, I will leave you, only to work with this instrument for a short time and allow another to come.

Les: Thank you, God be with you.

I'll tell you all about Wednesday afterwards.

There then followed one through Sue:

Talk only for short time. To have more time with this one, for communication. I give you the name of High Waterfall.

Les: Thank you.

I say to you, every person here, has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it. You were far more experienced in those ways.

Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open and your horizons will become close.

Les: Thank you, we shall certainly try and what is the totem within us that we should be looking for…most often?

Look and feel the peace, even in inner turmoil, there is peace. Do you believe my words?

Les: Yes I do.

Rugged pathways are only a lesson in peace.

Les: Yes we do understand that since the Universe is subject to the laws of cause and effect—if there is turmoil then there must be peace, if there is peace then there must be turmoil.

You cannot have black without white. There is no grey, no grey—you understand me, no grey?

Les: Not in the spiritual context, only in the physical world.

You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?

Les: Yes we do understand and we thank you for them.

Negative is not good, negative breads fear and fear cannot be spiritually beneficial to you.

Les: No, of course not.

Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have in applying them to your life, but all I can say to you is try, even a small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?

Les: Yes, we could join you in doing that.

But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.

Les: Yes you're quite right.

But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.

Les: Yes we understand what you say and will certainly try to do that, because we know the wisdom of your words—and we thank you for them.

You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding...

Les: Yes we're quite sure that you're with us and we're very grateful for the knowledge.

Think upon my words and try, try to put fear behind you.

Les: We shall certainly try to do that.

We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the east.

Les: Yes we shall do that.

Your suns will never set, they will always be in the ascendance.

Les: Good, that's very comforting.

I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.

Les: Thank you very much indeed and we all thank you again. God be with you.

Ar kee nyah, ar kee nyeah pah

There then followed one briefly through Eileen, who had been before:

Good evening. *(General greetings)*

I'm only here for a short time.

Les: Stay as long as you wish.

No, a short time.

Les: That is as long as you wish. *(chuckle)*

I've been privileged to return myself again. I told you I would send someone to you, do you remember? (Yes.) ***Yes, well I'm allowed to step in this time, just for a short time. Do you remember your question?***

Les: Which one...I ask so many.

Yes I know, you obviously do not...yes your question was about eating meat, do you remember? And you asked me if in saying thanks to the animal before it was killed, did that make a difference?

Les: Oh yes I remember now.

Well I was most surprised myself by the answer.

Yes, the animal would prefer not to be sacrificed for human consumption, but if the thought is good and thanks given for the animal life, then in some way that makes matters ok.

Les: That's interesting, thank you very much. I know a lot of the tribes did thank the animal before they killed it, didn't they?

Yes and people still do, I'm told, but the animal would prefer to live life to the full.

Les: Of course—that's understandable.

So I hope I've brought the answer to your question.

Les: That's very kind of you and we do appreciate it. Now of course we have to ask ourselves whether, in view of the fact the animal would prefer to live longer, are we acting detrimentally to our own spiritual progress, by taking its life?

I have been instructed that you have been told it would be better to refrain from this act, but consequently the choice is yours.

Les: Yes, we have been told, you're quite right.

Yes, well I also have to say, it's much more damaging to curtail the life of an animal who has received human love, rather than the beast in the field, I have been told to tell you.

Les: That's understandable too, ***(Yes.)*** because to take the life of an animal that has had human love, would be denying that love, wouldn't it?

There is a little twist I think, because you don't fully understand that the animal in the field, can feel the love from the human, even in mundane tasks, such as feeding and watering.

Les: Is that so? They feel the love for the human do they?
Of course it is a love act, isn't it? *(several affirmations)* ***I too was surprised by these answers, because when I came to you I told you I had many troublesome times, coming to terms with meat-eating and that you must not torture yourselves too much. Do you remember?*** (Yes.) ***Yes well you see I too have learned something***.
Les: Good, so we've been helpful to each other?
I should say so!
Les: That's very nice and we do appreciate you coming back, as you promised.
Well I didn't promise, so I'm really surprised.
Les: I mean the answer you promised—I put it badly.
Yes, I did go back and find out, to see if it could be given to you.
Les: Thank you very much indeed, we're all grateful to you.
Yes and thank you again for your welcoming. Goodbye.
Les: Goodbye and come back any time you wish.
I wish…
(We then closed and had our usual tea)

~9th March 1998~

The first came through Eileen, to explain the plan for the evening. Eileen was to be used quietly. It was suggested that the rest of us discuss spiritual matters, whilst the work was done. There then followed a 'rescue' through Sarah involving a drowning, which Les dealt with. Salumet came through towards the end of the meeting, after our discussion:
Good evening. *(General welcomes)*
I could not leave you this time, without just a few words.
Les: Thank you very much, that's kind of you.
Your discussion this time has been of much interest to me, because my dear friends, you are speaking about that important word, *'Thought.'* Do you see how much and how far you have come in reaching this discussion?
Les: Yes I suppose we *have*, looking at it like that.
All of you are indeed ambassadors for spirit; to *give* the knowledge that you have received. But I would say only this to you: Do not be foolish in your thinking; your acceptance of spiritual matters is individual to you all and therefore the attraction to others to help you to convey those thoughts must be considered.
Les: Yes we understand that.
When you have reached spiritual truth, there is no need for the expression of words. Show others by your example — the example of your physical living. And here, I wish to speak to the gentleman who was so passionate about physical living. I understand his thinking and I say only this to him: Of course, in a physical world, there has to be physical actions, but always these actions must be guided and if truly within your hearts you can say that your actions have been guided, then you have nothing to fear. But there comes a time in your development, when physical actions MUST be thought about most carefully, because in taking action, especially actions that you have spoken of, you must remember that you will be responsible spiritually, for all words and actions taken. I know you understand this and I feel that the interaction of words here this time, became confused.
Jack: I think you're right, yes. No, purely my contention, is that we are actually *here* in this physical set up, to do something in this physical set up, regarding spiritually —
Yes I understand my dear friend. Always be guided by spiritual thinking *(Yes.)* **and the actions will follow. I am most happy to have joined you in this conversation. I am most pleased that we have attained such positions in your development that has enabled each one of you to speak so. Those who have not expressed themselves in words this time have been quietly engaged in their own thinking. To you all my**

dear friends, I say continue, continue in your thinking, do your best, you cannot do more, and all will come right for you. *(General thanks)* **My love for you remains and I know that all will feel much uplifted this time.** *(General thanks)* **I could not allow this time, to go without these words.**
Les: We do appreciate you taking the trouble.
Until next time, may each one of you continue to follow your chosen path.
Les: With your help we certainly shall. God be with you.
There then followed another through Eileen, called Jack. He was a jovial chap, who helped to lighten the meeting at the end. He referred to the drowning mentioned in the rescue earlier, and how it sounds a lot worse than it actually is. (Speaking from his experience) He went on to speak about his love of flowers and how they bloom as long as you want them to, in spirit realms.

~16th March 1998~

Eileen had a tickly cough this evening and needed a bit of healing. Salumet did not speak, nevertheless an enlightening evening followed. The first came through Eileen:
Hello. *(General welcomes)*
We wish to thank you for waiting for us.
Les: Thank you for taking the trouble. I know our instrument isn't as fit as you'd like her to be. I think it's very brave of you.
It makes no difference, but the one you expect will not be here, but we do not mind, we can manage with this instrument this time.
Les: Good, I'm glad we waited.
We would like to say that the instrument we are using may or may not know that although she is not what she considers in full/good condition, she's been helped quite a lot. We cannot allow workers who have so much to do, to be incapacitated for too long.
Les: No I'm sure you'd rather we were fit to work and you've helped me I know.
Yes you do understand, yes.
Les: And I'm sure your instrument will.
Well I thought it best to tell you, in case she does not, I do not know. But this time, we wish to speak to the lady who sits close by to me. *(Sue)* ***This lady has opportunity coming to her, opportunity that she must not let go by, because this opportunity enables her to grow spiritually.***
Les: Did you hear that Sue?
Sue: Yes *(Faintly — it was difficult for Sue to talk as she was in trance)*
Yes, we know that she is being used, but it is necessary that we issue these words this time to her, because the time we speak of is in your near future. She will know the circumstances when they arise and she should not push to one side, the opportunity that is coming to her. She will have doubts of course, but she must be strong in her determination to go forward. These circumstances are set around new unknown people to her. Please remember these words, they are important for you and we do not issue them lightly. *(Thank you.)*
Les: Thank you very much for that.
You friend, I am being told, have found that recently that much has grown in your world and I speak spiritually, not physically.
Les: Yes much has grown.
Yes, there has been an expansion of your understanding, I believe?
Les: Yes you're quite right, there has been.
Yes, this will continue of course. Once you have trodden this pathway, there is no returning. But of course, I think I utter words that you already know.
Les: But it's nice to have verification of them, anyway. ***(Yes.)*** And there is a very big expansion going on throughout our world, but of course it hasn't come to the forefront yet.

There is much to come to this planet, of course there is; I do not know so much, but I have the understanding that there are many happenings to come.

Les: Yes, you're quite right, we have been told that.

There is an air of expectancy I think I can say within our world, in certain areas of teaching, we are being informed of great steps being taken.

Les: That's very good news for us, thank you; we certainly need it in this world.

Always be aware that you can make a better world. Do not always be so negative, but look forward to the brightness, because there is brightness to come.

Les: I think all people who learn something of the spiritual side of life, do begin to do that automatically.

It should come automatically, as your consciousness grows I agree, but to some there always will be doubts, always negativity, always a falling backwards.

Les: Yes it is unfortunate, because they miss so much, don't they?

But that is your human nature, it is only to be expected and we see it so often, that at times it is quite hard to be continually uplifting someone, to raise them to go forward. But of course that is the task of many from my world and we do it openly and with love in our hearts.

Les: We do appreciate it, it must be very disappointing — I was going to say *frustrating*, but it wouldn't be frustrating, because your understanding of us is too much. ***(Yes.)*** But you must be disappointed sometimes, at the reaction you get from us?

No, I would not use the word disappointed. *(No?)* ***No, it helps us — it helps us to help those who need it most. It is a little more work perhaps, but we do not feel disappointment. In fact it gives us the upliftment to go forward and help.***

Les: Yes I suppose it's a form of challenge to you again?

Yes, that is a better word.

Les: That you intend to overcome, regardless of the circumstances.

Yes, there is no — how do you phrase it, 'giving up on one?' *(Yes.)* ***No, that would not happen.***

Les: I think we begin to appreciate that here, don't we? That having one's feet on the path, there's no question that we shall want to continue on that path and it does give us all upliftment, even if it's in different degrees. Would everybody agree with that? *(General agreement)*

Yes, when your dedication is looking for the truth, then you can only be sure-footed, that is true. Yes, but of course with the natures that you have, with these bodies and the brains that you have, there are bound to be times when there is bitter disappointment and a lack of how can I say, 'faith' in the truth.

Les: Yes that's understandable I suppose, but we must learn and I think we do learn here, how to overcome those temporary setbacks.

Yes that is a big step forward for you all. When you can face adversity, when you can look it full in the face and not allow it to surround you, to beat you up with disappointment and grief, then indeed you know you are following the correct path. I could not say that to many people, but in groups such as these, we find that each one uplifts the other, in ways unknown to each other — it happens.

Les: Yes that I can understand too, because there's so much that's a mystery to us, that personally I just accept that there's going to be a lot of mystery. But I accept that fact and work within it, ***(Yes.)*** without wanting to know the reason for the mystery, or an explanation of it, because we shall never get it anyway.

No, but in groups such as your own, each energy feeds upon the other.

Les: Yes, it's an interdependency again, isn't it?

That is what congeals you together, yes of course it is — it is most interesting, is it not?

Les: It is something well worth learning and I'm very grateful for the teaching we have here.

I do believe that the one who comes to you, brings you much; I do hope so because there is so much to learn.

Les: Yes he does bring us a great deal.

Yes, I know from my own experience, that in these halls of learning, we are taught so much. We are always learning there is no end to learning and each step takes us forward, just that little way further, to encourage us onwards, onwards and onwards.

Les: Yes I remember a long time ago, somebody from your world told us that if ever we thought we'd learned enough, then they would cease coming.

Well, foolish words to think each one knows it all; even those in our world who come to teach many, would be loathe to say they know too much.

Les: No, some of them do say actually, that they can only tell you from their knowledge, at this moment.

Of course, any communicator who comes to you, can only give you what they have learned to that point in time. They cannot give to you, what they do not have. That is why there are so many contradictions in your world, from so many communicators. It is not that one is wrong and one is right — please try not to look upon these communications in that way. You must take each communicator and judge for yourselves, that what we give to you is acceptable to you, because once the acceptance comes, then we can move on.

Les: Yes, I'm certain that all of us have learned enough now, to question if we suspect anything is not quite what it should be. Not that we consider it to be an untruth, but if it doesn't tie in with other things we've been told, then it must be suspect.

Well it is suspect only to oneself, shall we say. *(Of course.)* ***It may be that your understanding has not reached that point. So I would say to you, judge not, listen to what is given to you. If it is not acceptable, leave it so and return to the fact later. And you may find by that time, all makes sense to you. You are growing all the time, as a child does.*** *(Absolutely!)* ***You would not expect a very young child, to be able to read a book full of knowledge. But in time, when the child returns to that book, all would seem so simple.***

Les: Yes, I think that is what Jesus meant when he said, unless you are born again, you cannot enter the kingdom of heaven.

There are many such sayings, yes.

Les: Yes, we do have to be born again spiritually.

Yes, well we have said many times to many of your groups I believe, that what you call your death, is in fact your birth. Your birth here is in fact a form of death.

Les: Yes I don't think any of us here look upon it as death now, it's merely a transition from one world to another.

Yes, is there anything you would ask me?

Les: Yes, I don't know if you can or would wish to give an answer, but we've had a lot of controversy in this world, about the so-called abduction of human beings by aliens from other planets. They are alleged to have taken various parts of the human anatomy and then return the human being to this Earth. Is that so?

You want to know if this is the truth? I can answer simply for you, YES it has happened.

Les: It has happened? That's interesting, because some of the reports would appear to contradict other reports.

Yes, that is always the problem with anything of a nature that you do not fully understand.

Les: Yes and there's also the possibility of exaggeration of what has happened.

Yes, always take into account that you as human beings have a mind which can embroider — always keep that in mind. But the simple answer is 'yes,' there are in our universe, many, many forms of life and of course you have to understand that some of these forms of existence are far in advance of your knowledge.

Les: Quite, that I do accept, without any reservation. As we were once told, we are at the bottom of the pile in development.

Yes, but there have been — I would say, do not look upon these stories of abduction, where they feel harm is meant; that would not be the case — we do not have alien forces intent upon destruction.

Les: Well, I couldn't imagine that it would have been allowed.

No, no, you must be cautious in your acceptance of these words. As you human beings show interest in all that surrounds you, in what you call SPACE, is it not surely, that those who live without this planet, should not be interested in you also?

Les: It's perfectly natural, because knowing us, our human attitude would be — if we discovered a new life-form of life on the moon for instance, the first thing we would want to do is cage it and bring it back to show everybody. It's understandable that others might want to do the same with us.

Yes, their knowledge is far greater, but that is why the memory in most cases is wiped, because human beings at this time in their evolution find it difficult to accept.

Les: I could understand that it could happen, but I couldn't see the need in taking parts of the human anatomy?

There is no need to do that. Why should they, when their knowledge is much more expansive than yours? You must use your intelligence in all of these stories.

Les: Thank you, that's an interesting answer, I do appreciate it. Would anyone else like to follow on from that?

George: I imagine part of the reason for our variation in reporting, is partly due to variations in perception. Some humans will perceive in quite a different way to others. Some are more sensitive to what is seen.

Yes, I would perhaps say that if each one of you in this room were asked to describe my words this evening, that there would be variations and that is the nature of the human being, that none of you are infallible. So therefore remember that many words that you listen to on all topics, must be used with reason and your own understanding of the situation.

George: And where the visions of Mary have been reported, some people have seen and some have not seen, or some would see different things. ***(Yes.)*** I imagine it would be similar with our impression of aliens?

Yes, you human beings tend to feel that all that you see, feel, smell, is the absolute. Let me tell you my dear friends, that all of the senses and you have many more, vary so much, vary so much, that how could it possibly be that each one of you sees in the same way?

Les: No, because surely our perception of apparent physical things, vary according to our spiritual awareness of them also?

Of course, that is what you must always try to understand. You may never understand, but at least you can try.

Les: And accept the possibility of a dual interpretation of what we are seeing or hearing.

Yes, none of you are perfect machines — I am being told not to use the phrase 'machines,' I apologise. Sometimes we look upon you and it would seem that you are but robots. *(said with laughter)*

Les: You probably are amused at the fact that we even consider ourselves to be on the road to perfection?

Yes, do we not all at times? Yes.

Les: No, we are a funny mixture, we human beings.

I did not say that.

Lilian: Would they be coming from more than one planet?

Let me say only this: There is one galaxy in this particular time of your evolution that is most interested in your own Earth system. Yes, they come from more than one planet, yes.

Lilian: Thank you, so they'd look totally different?

There would be variations, yes. After all, look at the variations, in this very room! *(Laughter)* ***You are not the same.***

Les: Completely different people.

Yes, could you imagine going to another planet and being described as all looking the same? No, why would you expect others to?

Les: I suppose the basic question is, those that would be interested in visiting us here, even though we are not aware of them, their intention is for our benefit?

They are interested mostly, it is interest — the same way that your scientists and such like on this planet, seek the history of the planet. They are interested, so they seek it out.

Les: In the knowledge for its own sake?

Yes, not for destruction, not for destruction.

Les: Not for destruction, that's important of course, but neither particularly for our elevation?

The time is coming and I think I would be correct in saying that much more is known about these comings, than has been let known at this time. *(Yes —)* ***I could not say absolutely, but I have been informed that much more is known, than the common people know.***

Les: You're quite right, we're sure of it.

You do know, yes.

Les: But when it'll be released of course, that we can't know. But we have been told that it'll be in the not too distant future.

Yes, I can tell you categorically, that the time is coming, when these visitors will make themselves known openly. *(Splendid.)* ***It has to come, when humans lose more of their fear and gain more understanding then they can make an appearance openly.***

Les: And of course we have a lot to do ourselves, before we are fit to welcome them.

Yes, you have many prejudices, the human race many, many.

Les: Well you can tell them, they're always welcome to come here. We should be happy to see then!

Well, you could do that for yourselves, couldn't you? *(Laughter)*

Les: I'm just taking every opportunity.

You want me to space travel for you?

Les: Well, there's no harm in trying, is there? *(Laughter)*

Well this is a source of amusement — you human beings — *(Gentle laughter)*

Les: Well we would ask them and welcome them, if we knew that they were getting our thoughts.

George: Could I enquire if some of the visitors have physical bodies?

(More chuckles) ***If they so desired! You see, their mental capabilities far outshine you, far outshine you!***

George: So the nature of the body would be adjustable?

Aha, yes! It is something this planet has not achieved up till now.

George: And that would assist them greatly, in their method of travel. ***(Yes.)*** That's very interesting.

Les: Well I say again, they have an open invitation to come and visit us, if they wish.

Be sure — if you're sure it's what you want! *(Laughing again)* ***I'm not so sure you would openly invite them if they came.***

Les: Provided they come in love and peace.

Yes, they wish you no harm.

Les: I've no doubt they would adjust their appearance, so that we wouldn't be too scared.

Lilian: They could take us for a whirl around the Universe.

Fear exists only within the heart of the seer. Do you not agree?

Les: I do. No, if they came with love, we'd welcome them with love.

George: It's the spirit that counts and not the physical appearance.

After all, do you suppose the human frame is so pretty to look at, with your small heads and long limbs? *(Laughter)*

Les: I think probably they'd be very brave to come and visit us. (***Well —)*** In fact for all we know, you might be one of those speaking to us now?

(More chuckles) ***No I am not, but I am amused.***

Les: No I accept your word that you're not, but you could have been?

Why not? They can take the opportunity as we do to speak with you through another, yes.

Les: As you say, we are not all that pleasant to look upon — we might think so, but others might well not and think how ugly we are?

That is what I mean, fear lies with the seer, yes.

Now I think I have said more than I had intended, but I have enjoyed myself and I hope I have not told you too much.

Les: No, I'm glad you've enjoyed yourself, because we do appreciate you coming and we're very glad you've stayed so long.

I have enjoyed myself so much it would be pleasurable to return sometime.

Les: Please do, you have an open invitation and having seen us, we shan't scare you, I hope.

(Chuckles) ***I reserve my opinion! — yes.***
Les: Well it's lovely that you still have a sense of humour.
Yes, why do you humans assume we have no humour in our world?
Les: No we know you have and it's nice when you bring it to us like this. We were told long ago, if we bring our sense of humour with us, we shall be much more welcome.
Of course, you cannot change so easily, yes; it heightens your light.
Les: I think you found a lot of fun when you were here, didn't you?
Too much, nevertheless, you can have your fun and still grow — yes you must have many aspects to living.
Les: I think humour helps us to grow.
You do? Why?
Les: I don't know it seems to lighten the energy.
Yes it does.
Les: And from your side, whenever we've had what we'd call a very serious or heavy evening, almost always someone comes through to lighten the energy that's left.
Yes you're right, it quickens the energy, which makes it lighter, yes you are right. That is why we try to bring happiness.
Les: It's very nice that energy can be generated in a humorous way, or by humour.
Yes, you can find light-heartedness in all aspects of your living.
Les: Yes, our orthodox church would be much more popular, if they entertained humour a little more.
(More chuckles) ***I would say they are already humorous!***
Les: Yes you're right; looking at it another way they are, they are humorous.
Yes, we know.
Les: In their actions and their clothing.
Yes, but we must not be judgemental, must we? *(No.)* ***That is still difficult for me.***
Les: No, we are speaking as friends, without judging. I agree with you, some of it's very amusing.
Now, I believe there is someone else to speak with you, so I will thank you once again. I hope I have not overstayed my welcome.
Les: I think it's one of the most enjoyable evenings we've had, thanks to you.
Well, remember I know when you're lying*. (More hearty chortles)*
Les: Yes, so you know I'm not. It's absolute truth and everybody agrees, don't they? *(General agreement)*
Yeah, I believe you and hope that each one of you finds much love in your lives.
Les: Thank you and our love goes with you too. Thank you again and God bless you.

There then followed one through Sue, who talked about her rather difficult transition. She also had a brief message for Sallie before we closed.

~30TH March 1998~

Good evening. *(General welcomes)*
I want to say to you my dear friends, thank you for your patience this time. I wish to say that this time I almost achieved full control. And so you must forgive the slowness of beginning this time.
Les: Yes of course. You did warn us of the possibility.
Opportunity must be taken, when all conditions are right.
Les: Yes we understand.
I will take questions this time, but I ask that the time given to this be curtailed this time.
Les: Right, does that mean you wish to speak more, or others are coming?
Others will come, in order that I work with this one.
Les: Yes right. I don't have an actual question — I was going to ask whether you could repeat the lesson you gave at the last meeting, because owing to an oversight of mine, we didn't get the recording. It was

such an interesting session, I wondered if you could repeat it, but that might be too much for you this time?
I can speak briefly this time and return to it more fully, another time.
Les: Thank you, I have no doubt that you remember what you told us.
Of course. We discussed how the physical thinking can overcome spiritual influence, whilst clothed in these bodies, Yes? We continued to say to you, that mankind is plural beings and I believe that each one of you, were rather amazed by my words, in saying that the brain belonging to the physical being, has uppermost control, even over spiritual thinking, yes? *(Yes.)* **I know that by the end of my speaking with you, it began to make some sense to each of you.**
Les: Yes it did indeed.
I told you that although the spirit reigns supreme, that whilst you are in these physical overcoats, your free will and your thinking — *physical thinking,* must remain in full control, even though you can be influenced for good, by that spiritual aspect of yourselves. You have to understand that you must be responsible for all actions in this lifetime. Therefore no matter what spiritual knowledge you have, this physical living must be fully in command. *(Yes.)* **If you have questions, I will take them now. We will go into this matter once again more fully. But for this time, we must spend a short time only.**
Les: I understand and thank you for promising to go into it more fully and for what you have said tonight. I haven't any other questions. I don't know if anybody else has a quick question? *(Pause)* Evidently not, Salumet.
I thank you for your tolerance. Know well that your patience will be fully rewarded, that all questions to come will be answered. Know that in time coming, these answers will be more expansive in the answering, know that your knowledge will be increased and that what I bring to you, will be new knowledge, new philosophy for your world.
Les: Thank you very much for your kindness.
I ask that now, I be allowed to work with this one.
Les: Yes, of course.
We are close to full control.
Les: That's lovely to hear. Will it affect you if speech from another communicator is allowed?
I ask only that you will endeavour to see that voices remain low and if possible I ask that your light be even dimmer.
Les: Yes surely.
Les then suggested we spend the rest of the evening in silent meditation.

~20th April 1998~

Les had had to cancel the previous two meetings, due to health problems and this evening began with one through Les, who briefly touched on this before Salumet began speaking:

Good evening. *(General welcomes)*
Let us this time, give thanks for our coming together once more.
Les: Yes we all give thanks for that.
To you, my dear friend, I speak no words, for none need be spoken.
Les: No, you've been with me constantly, for which I do thank you.
All have been together in communion with thoughts, which have helped to bring some upliftment for you. So in that sense, we have not been apart. *(No.)* **I will say only these words, that where healing manifests itself, there is perfection. You understand?**
Les: Yes we do.
I would like to say a few words this time, on some thoughts that have been reaching out to me. Many have been thinking, *'why are these physical events not told beforehand?'* I say to you my dear friends,

why do you feel that you have the need to know? Why do you feel that you do not have the power to know for yourselves? Do you understand?

Les: Yes, yes we do.

You all know and understand, that from our side of life, there is more foresight than you would understand.

Les: Yes we do know that.

You know and understand that we *'see'* what is happening within your lives. But we cannot interfere. You know that before you come to this lifetime, that you have chosen a life plan, but you also know that because of your free will, many choices can be made. Therefore, although you travel to one destination shall I say, the choices to be made are great and many. We help to influence, we try to encourage, but in the end, your free will must surpass all. You understand?

Les: Yes, we do indeed.

So you must understand that although we are aware of the choices you will ultimately make, we cannot interfere with that choice.

Les: No, we have to learn our own lessons, don't we?

That is why you have your physical experiences. So you should not say, *'why does this happen?'* You know why it happens, because *YOU* have made the choice, *you* have created the conditions, *you* have chosen that pathway along which you must travel.

Les: Even though we are unaware of having made that particular choice.

That my dear friends is the difficulty, that is why all of you find it difficult to understand life's patterns, because you still cannot fully accept that you have total control, total control. Can I make you understand?

Les: It is difficult for us to understand.

I know, but you must think upon my words.

Les: I think we have to think in several directions, because a little while ago, you told us about intuitive or spiritual thought, ***(Of course.)*** and in hindsight now, I know that I was receiving that some months ago. But I was not exactly ignoring it, but I wasn't giving it the attention it should have had. ***(Yes.)*** Had I done so, my resent illness would not have occurred, I can see that now.

And did not my dear friend — were you not told to have some healing? *(Yes.)* **Why did you stop? Why did you stop?**

Les: Frankly, I don't know. I seemed to have recovered and had been all right.

Yes, but you were not listening, you were not listening. That is what I say to you all my dear friends: You *must* listen, you *must* gain that intuitive knowledge, which you have, and use it to its fullest. Once you have accomplished that, your life's pattern will be so much more simplified, in all aspects of your living; *(Spoken gently)* **in your health, in your partnerships, in your working, in all aspects of your living, will life become more simplified, if only you would learn to listen.**

Les: Again it comes back to what you have told us, that we must consider ourselves more often, as spiritual entities, rather than physical beings.

Yes, not more often, *always.*

Les: True, I accept the correction.

Always, always first you are spirit — remember, and all physical aspects will fall into place. I know these ideas, these concepts are difficult to take in. I try to simplify it for you, I try to keep my words simple for you, in order that your understanding might come gradually and that that understanding stays with you, until such time as recognition of my words becomes a part of you. You Understand?

Les: Yes, I would think we all owe you an apology. I know you don't want it, but I'm sure we would all like to give it, for all having been so dilatory in our acceptance of what you have been telling us, of the need to think of ourselves as spiritual beings.

As you open your eyes in your morning, *feel* the power of that spiritual being, *allow* it to work with you/through you, *be* yourselves, and all with be well.

Les: I must admit that I have been feeling it during my recent incapacity and I believe I'm right in saying at one time I was taken over to you during my sleep state and allowed to witness what was happening to me at that time. I didn't fully understand it, but I know full well, I was experiencing it.

My dear friend, nothing happens by chance. Your recent *'illness,'* as you call it, had a purpose.

Les: Yes, I'm sure.

I think I need say no more to you. Opportunities opened up to you, that you would not have expected and in saying these words, I know that your understanding grew just a little more.

Les: Yes you're right there too.

So you see, do not think of your life in any way, as problems, or actions to be sorry about. Remember that even as you say *'unconsciously'* these acts take place, that *you* have been responsible.

Les: Yes that is the difficult part of course, for us to understand.

Yes, so you see try to think upon my words this time, try always to be honest with yourself — allow the spiritual self always to be to the fore.

Les: Yes and I must confess, I have been mentally chastising myself, for not having recognised that some months ago, when I should have done.

We understand, but you have been too harsh with yourself — do not be too harsh with yourself. After all, none of you are perfection, otherwise you would not be here. So accept that you can learn more. Always seek the spiritual side of life and the physical will fall into place. And by saying these words, I cannot promise that your physical lives will be all, how would you say, *'milk and honey?'* Of course it would not, but your understanding and your tolerance of life would be such, that each experience would be a growth for you.

Les: True, and I have to agree with that also, because again in the last two weeks, I've been thinking a lot and it has become abundantly clear to be, that when you've told us that there is no such thing as a coincidence, that has become apparent in my thinking and understanding, during the last two weeks.

So your understanding has grown, even through an experience of life, which you feel you could have done without.

Les: Yes you're quite right.

Yes! But how are you to know, that in having these experiences that you have grown more spiritually? *That* is the importance of life; *that* is what matters.

Les: And I remember also some of your early teaching about us only having to plant the seeds, not to be concerned with the product.

We will help the growth, if you would all plant the seeds.

Les: Which I was able to do and perhaps you are also aware of it.

You will not fully know, what you have achieved during this span of illness — you will not know. But I can assure you that you have grown and let me say too, to all of these dear friends, that they too have grown in their thinking, because in your illness, it has given them the opportunity to view their own lives. Is that not true? *(General agreement)* **You know that** *(?)* **Now dear friends, I will not take questions this time, as previously. I would like to work quietly, to work with this instrument and ask again that no sudden loud noise be allowed to happen, but to tell you that there will be no speaking. I leave you all with much love and my thanks for allowing me to join you once more, in the knowledge that we will be together once more.** *(General thanks and farewells)*

~27th April 1998~

This was an unusual meeting, in that for the first 40 minutes there was no communication at all. Salumet then came briefly, followed by more quiet time:

Good evening. *(General welcomes)*

I join you my very good people, in order that we may thank you for your stillness, your quietness, and most of all, your dedication. Within these quiet times, much has been happening. Your *(?)* **will reach it's**

fruition in your coming months and we want you to know, each one of you, that you have been a most important part of what is to take place here. We ask only that you remain quiet until the end of this meeting, in order that this instrument be fully returned to you. *(General agreement)* **It is important that you understand that in trying to achieve that which we will, we must take great care, because you do not fully understand that these instruments are fully charged in a way not familiar to you. So I will leave you with these thoughts and ask that this instrument be allowed time to fully return.**
Les: Certainly. Before you go I want to thank you for all you've done for me.
We require no thanks. You know we will stay with you. *(Voice very faint)*

~11th May 1998~

Good evening. *(General welcomes)*
Your patience this time is admirable, for this we thank you all. By now you know and understand my dear friends that these silences are most important to the work planned.
Les: Yes we do understand.
Each time we come close to you much is achieved and it is not always necessary that words be spoken to you. I do not wish to speak on any topic this time. But rather that you all my dear friends, look deep within yourselves, in order that your search be fruitful, in finding out a little more about the real you. Whilst I work with this one, I would if you so desire, like you to look deeply within yourself and allow to come forward what is there. If our dear friend and guide, who sits here will ask each individual to open up his heart and to seek what each one finds. Is this acceptable to you?
Les: Is this acceptable to everybody? *(General agreement)* Meditation and personal examination I think one could say; is everybody quite happy to do that? *(General agreement)*
It will be good for each one's own development, if they can speak out to you, but to speak quietly, without raised voices, whilst I work with this one please. *(Certainly.)* **Next time we will discuss what each of you has found out about oneself.** *(Right.)* **It will be good to have a little light relief next time.**
Les: Thank you. I'm being asked everybody, if you experience anything unusual and of which you are uncertain, please say so quietly and I or someone with me, will try and clarify for you — don't be afraid to speak out.
(There then followed a period of silence.)
Les: I'm being asked to say to you collectively, when you examine within yourselves, be honest and sincere and if there is something within your ego or psyche, or whatever you wish to call it, that you don't particularly care for, bring it out. You don't actually have to speak of it, but bring it out and mentally try and discard it for good. Each of us has within ourselves something we would prefer not to be there. Now is the time to try and eradicate all of those undesirable things, that you know are there, but you ignore and cover up, rather than try to eliminate.
Les then went round each person to see how our elimination's had been going. We spoke of feelings and visions and after the last sitter had spoken, Les spoke again, with reference to Margaret, who spoke of feeling so happy that she could not explain how she felt:
Les: Now, you heard what Margaret said about feeling so happy, I've been asked to tell you to spend a few minutes now, as and I quote, *'a reward'* just congratulating yourself on what you have achieved. Look inward again and look for the lights which you yourselves have kindled *within* yourselves. And don't mistake gratification for having done that; don't mistake gratification, permissible gratification, as a reward, for pride. You do *deserve*, if I can use that corny expression, *'a pat on the back,'* each of you, for having achieved what you have achieved. These are not my words, they're being given.
Les' voice then changed as he began to channel:
That you should congratulate yourselves upon your achievements and upon your spiritual development, because as has been said, the feeling which cannot be described, the feeling of happiness is due solely to your spiritual growth, over the past years, my friends. You are entitled to congratulate yourselves gently, upon those achievements in each of you. Feel happy within yourselves, that you have absorbed the

teachings of the master, which now enables you to be aware of the greater peace, tranquillity and beauty of spirit, which resides within all of you, and which should more frequently be brought to the surface of your consciousness, so that you become more frequently aware of the beauty that does lie within each of you now. Do you understand this? *(General agreement)* ***Now that you have achieved that degree of enlightenment my friends, it is only just, that you should be permitted to enjoy what you have yourselves created. Relish those feelings of happiness — do not try to understand them, you never will. Accept them as a blessing from the Great Creator, of whom you are now much more aware. Do you understand?*** *(General agreement + thanks)* ***And for all those who surround you with their love, I bid you farewell, I wish you happiness, I wish you constant awareness of the growth within you all and I wish you success also, in your elimination of those undesirable characteristics, of which you are still aware.*** *(General thanks)* ***God be with you my children, guide you and keep you, God bless you at all times.*** *(General thanks and farewells)*

~18th May 1998~

Good evening. *(General welcomes)*
Let us first begin this time, by giving welcome to this new one who is amongst you. *(Mary)* **I have to tell you my dear friends, there is a little apprehension with this one, but it will disappear.**
Les: I'm sure it will. We have had a couple of talks together, but of course your appearing like this, is quite strange to the lady.
And for that reason, we will keep our conversation this time, more simplified. I would say to this one, that she is a little reticent with what has been brought before her in this lifetime, but that is not unusual, amongst you human beings, in any case. But although there have been many discussions and she is quite loathe to discuss deep feelings upon these matters, her thoughts until now, have always followed what you call the *'normal'* pattern. But I will say this to her: Thank the one who has brought you to us, *(Sallie)* **because at last, you will realise and will find what *Truth* is. That is all I wish to say to her this time.**
Les: Thank you for that, it will give her confidence I'm sure.
Let us say for the benefit of this lady, how it is that so many of us from different stations in life, have come together in this *union of thinking* — how such different peoples have a commonality of purpose. I would say to you all my dear friends, it is not what you *are* in this lifetime, but it is the *unity* of the *spirit*, which has brought you together, not only in this time, but as you know, in times gone by.
Les: Yes our new lady is not aware of all that has been said about our pasts yet.
No, but the thought patterns would suggest that wondering why different peoples come together and what it is that brings you here.
Les: Yes to confirm that what you have said, when I was talking with the lady a couple of evenings ago and she asked whether she might join our group here, I was confident that the time had come for her to begin the work.
Yes, many words have been spoken by our dear lady known to us as Sallie, and for this she must be grateful, because now she will begin to grow spiritually, in the correct fashion. She is a spiritual being, who has rather lost her way until now — not that she is not a spiritual being — I do not mean that; you understand? *(General agreement)* **I play with words, but she has not fully understood the purpose of life.**
Les: Well with your tuition, now she will begin to learn as we have learned.
I think for this time, I will take questions before I begin to work with this one.
Les: At our last meeting you said that on this occasion, you were going to discuss our last instruction that we should think and look within ourselves. ***(Yes.)*** And you were going to ask — I believe you said it would be a little light relief — you were going to ask what we had found.
Yes, that is the purpose of the questions.
Les: Thank you. So would you like us to begin self-revelations?
I will leave the organisation my dear friend, to you.

Les: I was afraid you might. *(Chuckles)* Right well let us start then individually, if that's agreeable to you, is it? ***(Of course.)*** Right Sue, are you with us? *(Sue as usual was in deep trance)*

No, please leave this one.

Les: Right, Margaret, what did you find in your self-examination?

Margaret: Well as you know, I felt very happy about life — it has changed my life completely. I don't think I could go on, without coming here on a Monday. It has relieved me of lots of agonising questions and things like that**.** I would be unhappy —

I would like to interrupt briefly to say, of course your life would continue, but we know and understand fully what you mean, because in the unison of all spirits here, the upliftment is much greater. Continue to know and to understand that that upliftment can only grow. *(Thank you.)*

Les: George?

George: During the session, I found myself going back in time and thinking about my earlier life and things I did as a child and later. I would not wish to do certain things now, but in those times past, I had a different awareness and I was influenced by others of different awareness — quite reasonably and I accept that those things were perhaps right at that time. But now I feel there's a different awareness and I would do things in a different way. Perhaps if I take one little example, when I was at secondary school, I had the choice of going into the cadets and learning some military tactics, or learning some Latin. I think now I'd choose Latin, but I chose the cadet force at that time —

Les: Never mind, we still won the war! *(Laughter)*

Of course you understand that throughout life, that your consciousness is raised, but do not be dissatisfied with life's, how you would say, *'deeds'* you are not satisfied with, because all experiences contribute to what you become.

George: Yes I think I accept all that. ***(Yes.)*** Yes I'm not unhappy about the past.

That is because your understanding now is greater. Good.

Les: Mark?

Mark: Yes like Margaret, I can't begin to describe the value that I get out of coming here. There's a balance here that I don't have in my day-to-day life. And I'm becoming more aware of when I'm *not* on the right path; I don't feel at all uplifted, when I'm on the wrong path —

Yes, but we do not want you to be dismayed. After all, you are human my dear friend, no one has said that you can be the *perfect* human being. But what is good, is that you have found *balance*. But that does not mean that you should be wholly satisfied, but that you should continue to search and to grow. Yes.

Les: Sarah?

Sarah: Yes I feel that this has been tremendous help to me, being in this group and it's helped me with my attitude towards other people; I think I've become more tolerant of other people and perhaps understanding people a little better than I did before. Perhaps I'm trying to be less judgemental than I was.

Yes, have I not tried to teach you, that you should judge no man, because you do not fully see the whole picture of their lives. *(Yes, absolutely.)* **But you my dear friend, have I would say in all of the peoples within this group, the one who has grown most.** *(Thank you very much.)*

Les: Any contribution you'd like to make Mary? Anything you'd wish to ask? Don't be nervous—

Mary: I can't think of anything to ask right now.

Les: Right. Sallie?

Sallie: I think I heard it slightly differently last week. I thought I heard Salumet say about characteristics that we wanted to rid ourselves of, or to change — maybe that's just something I need to concentrate on myself — I imagined I'd heard that. But during last week's meeting, I was thinking about a particular personality trait that I have, where I become *resentful* and I've been trying to work upon that for ages. But after last week's meeting, I drove to work and I thought various resentful thoughts about a particular person, and just told myself, *'you don't need this anymore,'* and I got that really lovely feeling of warmth and light and support, which is very encouraging. I don't think I've done terribly well at it this week,

actually, so it's something I've got to keep going at. But that's how I took it, that it was about something we wanted to work on.
My dear friend, you are much too harsh upon yourself. No one expects you to be rid of all disagreements in your life. You cannot suddenly become what you upon this Earth, call *Angels;* none of you will ever become that in this lifetime. But in saying this, we have to tell you, continue to work, continue to know yourself, work upon that inner knowing and all other aspects of your life, will begin to fall into place. Do not be too harsh, but *know* that you have the ability, to be the best that you can and to know and to work towards that goal. Look within more often; do not dwell upon what you call your thoughts.
Les: All right Sallie? *(Thank you.)* Lilian?
Lilian: Like Sallie, I've got resentments, which I do try to overcome and I do find the words that you have given over the last few years, a really great help and thank you for that.
My dear friend, I ask no thanks, I thank you all for allowing me to come into your lives. All of you have grown much — all of you *spiritually* have grown. That is the difficult part for you that you have not yet fully grasped that inner spiritual knowledge, which is *there* to uplift you, to uphold you in times of trouble. Once each one of you can fully grasp that inner sense of knowing, all would be well.
Les: Thank you. Now it comes to me. It's Interesting that Salumet should speak just as he has spoken, because in my examination obviously I found many bits and pieces that I'd have preferred not to have raked up again. But accepting that each of those incidents was a method of growth, if I can say this without conceit, I forgave myself for the past. And I have concentrated more fully on what we have been told, about the responsibility for the *spiritual* self, being on the shoulders of the physical self, whilst we are here. You'll remember that talk we had and I have found that in this last week, to be exceedingly helpful, in making me understand more of the reasons, for which these so-called *'peccadilloes'* are visited upon us, during our physical being. They are not misdeeds, they are not necessarily wrong— *(Breathing changes as Leslie begins to channel)* ***—they are all part of the preordained pattern, visited upon you as spiritual beings, when you returned for a further spell upon this physical life's plane. Has it ever occurred to you that growth would never be achieved, in the way in which it should be desired spiritually, if you did not have the setbacks, the disappointments, the regrets — the many things in your physical make-up, which go to make you what you are now at this moment? A diet of honey, however sweet the honey may be, would become very appalling to you, would it not, if you have nothing to off-set that sweetness? Do you understand?*** *(General agreement)*
George: Yes, we are learning the value of setbacks.
These 'disadvantages' as you call them, the 'mistakes' as you refer to them — the things you would rather not have done of which you have spoken, have all been designed in the great pattern of life, so that you may more fully appreciate and understand the sweetness that is there, to be yours for all time, when you learn how to enfold it within your spiritual selves. You have heard remarks this time, on the happiness that one of your friends wishes to retain. You have heard from another of your friends, the result she felt after discarding her previous thoughts. These are but minute things in what awaits you, when you have learned that the physical part of you is of no importance at all. The only purpose the physical body has, is to give you those disappointments, sorrows, mistakes, regrets — things which you would not obviously choose for yourself. Regarding them as part of an important physical life, they are important only in as much as they lead you, gradually perhaps, but lead you nevertheless, to an understanding of the need to concentrate always upon the advancement and the growth of your spiritual selves. Does this perhaps make your physical disappointments, mistakes, regrets, adversities, a little clearer to you, accepting as you should, that they are part of the pattern, which you must have in order to grow? *(General agreement)* ***Is this clear to you?*** *(General affirmations and thanks)* ***There is not one in this room, who would choose to lose a loved one; still you mourn, still you regret the passing of that one, instead of being grateful that the lessons of the physical life, have been learned and that one whom you consider to be lost, has in fact reaped a rich reward of spiritual upliftment, joy, blessing — all suffered in this physical life, will have been paid for in that one moment of truth. Is this clear to you?***

(General affirmations and thanks) ***It is unfortunate indeed, that so much emphasis is placed — understandably so I agree — is placed upon the physical characteristics and attributes. And yet the purpose of that suggestion for self-examination was based upon the need for you to recognise now, that the physical problems are but a method of ensuring that you spiritually grow. Knowing that, would you willingly sacrifice all the problems inherent in the physical living, or would you accept those problems, secure in the knowledge that the spiritual reward far outweighs the difficulties, the disappointments of the physical living? Is it not worthwhile? Would you rather it be any other way?*** *(General agreement)* ***You would accept each of you, that the pattern designed for you, upon this physical plane, is not as unfortunate as perhaps would appear, at a casual glance. But having as I believe you have, understood the reason for the physical problems, you would not I presume have life in any other way, but to prepare you for the beauty, the unimaginable beauty, of a pure spiritual existence.***

George: That was very clearly put, thank you very much for that. *(General agreement)*

Would anyone have a question on this, while our master works?

George: As regards loved-ones departing this life, I feel there always has to be a certain sadness in parting, even in other circumstances of a friend moving away. With us there seems to be almost of necessity a sadness in the parting. Would you feel that this is reasonable? But in the case of mourning, this should not go on for a long time.

My friend, it should not even begin. It is understood that since you are so inured, enveloped in your physical circumstances like grief, is understandable. But the strength of your spiritual wish of your desire for the one who has passed on, that the desire that he or she should immediately begin to experience the beauty of the transition — that should overcome any physical grieving that may be apparent. *(Yes.)* ***I know it will not, but it should. Please concentrate upon this. Do not feel guilt at your joy that another has passed to us. Until you become much more spiritually aware, that grief will continue to be with you for a time. Dispense with it, disregard it, lose it as soon as you can my friends, because it is important to remember that the grief you display, will unfortunately react on the one who has gone, preventing that soul from travelling forward. If you wish them to be with you, to comfort you, to remove the grief which you are showing, so the very thing that you are hoping for, that all will be well for the departed, you yourself will be preventing. Do you understand this?*** *(General affirmations and thanks)* ***Your grief places a shadow around each of you, when that grief is acknowledged and permitted and the one who has passed cannot penetrate that. That cloud of misery that you yourself have put unknowingly, to prevent the soul from returning to comfort you. That is why I say do not feel guilt, if you cannot produce any, what you would call, real 'depth of grief' — yes there would be tears of course, yes there would be sadness that is understandable; but deep grief, no, no, no. So do not let constant grief colour your judgement, colour your outlook, and in particular prevent the one for whom you are grieving, from progressing instantly in the new conditions in which he or she may find themselves. Do you understand this now?*** *(General affirmations and thanks)* ***Always we ourselves are sorrowful, when we see the darkness surrounding those who are called 'mourners.' If only you could see it yourselves, you would realise how stupid it is, to continue such matters in a physical world, which in itself is full of misery. You but add to those conditions, and those I would hasten to add, are NOT part of the plan, which was intended for you. Forgive me, but talking of grief, has in it's very self brought it to me — it will go — please forgive me for a moment.***

George: Of course. *(Pause)*

You may not believe that there are those who still suffer from their own grief, because of the grief displayed by those who mourn them still. So I say to you, if there is anyone amongst you, who occasionally recalls a grief, which was evident at the passing of a friend, or a closer one, discard that completely please. Do not even let it come into your mind; because however long that may have been ago, it will still attract and make unhappy, those about whom the thoughts are given. Is this clear to you? *(General affirmations and thanks)* ***Now do you have any further questions? I think I have mentally chastised you enough, do you not think so also?*** *(laughter)* ***Now, if you wish to question please do so?*** *(There were no further questions)* ***But I do beg of you, give very serious thought to the question of grief,***

at times when you would consider it should be shown. Never forget this. Your grief is a magnet, which draws back those for whom you are grieving.

Then if you wish my presence no longer, I will bless you my friends, encourage you in your spiritual growth. Do not as the master says, be too harsh upon your living. You are executing the plan prepared for you. You could not know of it before you came, you must experience it whilst you are here. God be with you my children, help you, uplift you, support you, give you happiness, that happiness may be passed by you to others — Bless you.

(General thanks, blessings and farewells)

There then followed one briefly through Sue:

I bring this for you. It is a flower of my realm. The colour is so beautiful I wish you could see it with your spiritual eyes. Leave it in this room and tell each of your friends that come here that it is here and it will grow and the colour will become vibrant. It is a flower of love and is given in love to each one who enters this room.

Les: And we shall nurture it with our love and we thank you again. God bless you.

Finally one briefly came through Eileen:

Before we leave you this time, I am instructed to tell you and thank you sir for allowing the communication which has taken place this evening. I am also asked to tell you before we leave you this time that each one of you is beginning to recognise the power of your own thoughts. I believe this is something which you all have been instructed upon. *(General agreement)* ***I know it is something which you all like to hear about, but I do have the feeling that these words for you people in particular holds great meaning. With these words I bid you good night and thank you for allowing me into your lives for a short time.*** *(General thanks + gratitude)* ***I come only on the wave of love that each one of you sends out.*** *(Thanks and farewells)*

~25th May 1998~

Good evening. *(General welcomes)*

This time, because there are absent peoples, I do not wish to speak about any new topics this time.

Les: I see, you know of course they will be able to hear a recording of it?

I know, but it would be more beneficial that they be present, whenever it is possible.

Les: Yes I do understand and I'm glad you want to deal with it in that way, because I'm sure they would rather be here.

I wonder if you are aware this time, of the subtle blend of energy within this room. We have this time, full use of both male and female energy, in equal proportions. *(Good.)* **Now for this time, I will take some questions, before working with this instrument.**

Les: I don't know whether it would be opportune for you to talk to us again, about the responsibility of the physical, whilst the spiritual is on Earth. You did say you wished to do that one time.

I did, but I feel that because of the lack of understanding which was present, that that is something that should be spoken about, when all are present. There was much — not *confusion*, but not full understanding. Are you happy to do that?

Les: Yes perfectly happy thank you. Yes, I wouldn't question your wish to do it, because it's obvious that it's much better for them to be here. Right questions anybody please?

George: I remain somewhat confused still about past life segment of soul. I wonder if it would be possible to talk any further on this. Sometimes spirits come through to us who have had past life on Earth and I was wondering whether some of these would be termed *'past life segments?*' I'm a little confused about that identity. Would it be possible to talk a little further on that subject?

Yes I understand, it is a topic for confusion amongst many in your world. You know and you understand that the soul is not just one unit. We have discussed this and I think the confusion lies when the soul returns from past time. But what has happened there, is *that* particular aspect of the soul has not

continued onward. Therefore it has the ability to return, until such time as it returns to the whole shall we say. I believe this is what confuses you. Once the aspect of the soul — that aspect of soul that has lived a life on this planet — once that aspect has — how shall we say, *'fulfilled all potential,'* then it must go forward. It can then return in another form at another time, but it is another aspect of the soul, not the same aspect. Do you follow?

George: Ah yes, so the same segment could reincarnate several times?

Not quite, not quite. This is a difficult topic, but it would not fully be the same aspect of the soul, although all aspects are united in spirit. Do you understand?

George: Yes that does help, thank you.

Do you *all* understand?

Les: No, I would like to go a bit further on that please. ***(Yes.)*** Are we wrong then — I believe all of us at this moment, think that when we go on from this world, our soul will exist in the next plane of life. ***(Of course.)*** But are we wrong in thinking that that is only *one* entity?

You must not think about the soul as entities. It is a much deeper broader issue than that. You limit yourselves, if you begin to think of the reincarnated aspect of the soul, as entities. Can you see? *(Yes.)* **I know it is difficult for you, that is why we take these things slowly, because as each thought comes to you, then when the thought is fully realised, then we can contribute to it further.**

Les: So if we accept at the moment — if I can use that expression that the soul is composed of many parts, ***(Yes.)*** could it be possible for some of those parts to be progressing onwards in your worlds, while some of the other parts have to come back here, at periodic times?

Of course, otherwise how can you make progression?

Les: No, because it would be impossible for one individual unit to experience all that has to be experienced. ***(Yes.)*** Is that so?

This is why we have so much doubt about what you call reincarnation. *(Yes.)* **I think I would say it is unfortunate that it has been expressed sometimes, in the way it has been. But limited knowledge until now, has been mainly the cause and the lack of understanding, awareness and consciousness, of those of you upon this Earth.**

Les: I see, so now we can understand that, there are many parts to that unit.

Although they may seem to be separate, of course they need to be part of the whole, to continue forward, to seek out the purity of the creative force, which we all seek.

Les: So, you have taught us that we are two completely different aspects of living, one spiritual one physical. ***(Yes.)*** Now we have to go further I would presume, in thinking of ourselves, as many aspects of the spiritual, ***(Of course.)*** whilst only one is here existing on Earth?

Yes, do not limit your understanding, to just this physical being and presume that this is the house for the whole soul.

Les: I think that's what we all have been doing, am I right? *(General agreement)*

Yes, and that is the error that most human beings make.

George: Yes I think the soul is much more complex ***(Yes.)*** and more extensive than we have imagined.

Well, that is not to say, that you have been wrong in your thinking, only that your awareness has been rather, shall we say, *'juvenile.'*

Sallie: Salumet, would it then be possible or probable, that the aspects of our soul who are on your plane, talk to us and guide us, and make contact with us and we tend to recognise those, ***(Yes.)*** which are part of us, in a way?

Yes, your understanding is good. What is — let me speak a little about what you call your *higher self.* What do you suppose this *higher self* is, if it is not that aspect of soul that is there to help and to guide you, whilst you inhabit these bodies? Look always to the help available, not only from what you call *'higher self,'* which after all, is that part of you, which is more *seeing*, more *knowing*, more *giving,* than you could imagine, whilst clothed here within this physical being. There are many aspects that are there to help and to guide you. Another mistake that has been put forward is that *all* help from spirit, comes

from those who are *without* yourselves, when so often they are *part of* yourselves. Now do you begin to understand? *(General agreement)*
Les: I was going to say, as you put it, we are *helping ourselves.*
Yes! *(Spoken slowly and clearly emphasising each word)* **And when that realisation is strong within you, then you begin to understand why, when life's trials and tribulations seem to weigh so heavily upon you, why when you sit in your quiet moments, the answers come to you more easily, because you are listening to that aspect of yourself, that has lived and which has gone through these same problems.**
Les: That gives us an entirely new outlook, doesn't it? You were going to ask something else Sallie?
Sallie: Not exactly ask, but just to sort of *'feel it through'* really. Would that possibly be why, sometimes when we start to get answers that we need, why they are *so* in tune with us and *so* perfect, because obviously I suppose it's *us* giving *us* the answer, isn't it? We know that aspect really inside, so well.
That is why my dear friend, so often in the past, you have been told to sit quietly and go inwardly. Do you see the connection?
Sallie: Mm.
Les: And of course it gives another meaning to the statement that *'all has happened.'*
Yes, you bring in another point, but we will not elaborate upon that this time, because I feel that the others need time to digest what has been said this time.
George: Yes, I've a feeling our concept of time enters into this in some way.
Always we will return to topics, which we have touched upon and each time we return to those topics, there will be deeper matters to understand. Always we will go slowly, in order that you fully understand what I come to bring you.
Les: Yes, I think we are beginning to appreciate the value and advantage of your constant reminder that we must take everything slowly, because though we all no doubt over the years that you've been coming to us, have come to the opinion that we know a great deal more, we're now beginning to realise I think, how little we really do know.
I would not *like* to say this to you, but of course when first I came, I came to you as individuals with some knowledge of spirit, but that knowledge was most limited. But the reason I came to you was not because of the knowledge you had acquired, not because of the *knowing* that you had of spirit, but that as a combined group, who have known each other in past times. And here I will say to you, *think* about that aspect of yourselves, which knew each other in past times. Try to feel the connection from those times.
Sarah: Does that include Mary? Was she part of it?
Not at the time you have been told about, but of course there has to have been the connection at other times.
Sarah: Thank you. Could I also just ask, if there are many aspects of the spirit, and one is here, could it be that another aspect is in another form of life, or do we just concentrate on this Earth?
Form of life, in the human sense?
Sarah: Well not necessarily, if it's on another planet, it wouldn't be human as we know it.
I have told you that there can be more than one aspect of the soul, inhabiting a body on this planet at the same time. You understand?
Sarah: Yes, thank you.
Try to see your true selves as a multitude. After all, I did tell you think of the diamond and the many facets to it, then you begin to realise that the soul has many, many, many, many more facets to it. It is the nearest we can come, to explain to you what the soul truly is.
Sarah: Right thank you.
Les: I suppose it might help us to remember too, or to understand, if we accept that here we are puzzling about the many ramifications of the soul, yet we are living in a body, which in itself is composed of untold ramifications; each soul having its own purpose, its own destiny, its own memory. ***(Yes.)*** And yet we ignore that. If we try and think of a cell as a compound, as our physical bodies are, we might be better able to understand the impossibility to understand it clearly.

And may I add to that my dear friend that each part of the human body *can* function individually, without always the need for other parts. If you can take your hand for instance, it is possible to use one finger, without the involvement of the others, but that one finger, still belongs to the whole hand. You understand? *(General agreement)* **That is a simplification of course, but that is what you must try to realise.**

Les: Yes, it's helping me to realise a bit more.

This is the difficulty that your thinking has to be expanded, in order that you can take these things in completely.

Les: I'm being shown — I think this must be relevant, because I'm being shown an enormous plain and there's a tremendous herd of buffaloes. One has just died; every other individual in that herd is instantly aware of its passing. I merely pass onto you what I am getting; you must put your own interpretation on it. It was so vivid I had to give it to you.

May I say something more, before I work with this one? *(Yes please.)* **That is part of your development, your evolution, that each one of you has the power to think individually, that what is your understanding and your conception, is not always what is suitable for another. So I would say to you my dear friends: Seek that which helps to bring to you the understanding of what is being given to you. It does not affect the result, but it is individualised for you and for your own understanding, in order that consciousness be raised, in your own way. What my dear friend has said to you moments ago, was his individual understanding of what has been said. Seek your own, and understanding will come to you. I hope that it has helped. My words I try to keep simple, in order that understanding comes more easily, because these things we speak about, are indeed deep, deep matters and not made aware to all who are there to be given advice; because you see, and I hope you understand that these philosophies are given to you, because and I hope you do not think I praise you too much, but this group of people here now, is ready for *Truth*.**

Les: Thank you very much for telling us that and for that we are very greatly indebted to what you have taught us.

Sallie: Would it be all right to ask something very briefly, before you go and do your work? ***(Yes please.)*** It was just a couple of months ago, that somebody came through Sue and was on the same sort of subject, who'd come through as an aspect of one of my parts. I was told about Jonathan and I was told to ask if it wasn't clear to me and I just want to know I suppose, if there's anything more I can be told about Jonathan, because it sounded as though I should be looking out for him. Perhaps I misunderstood it?

Let me say this to you, my dear friend: You know and fully understand that you have been and will be of different vibrations, energies; you have existed as male energy and female energy. The name Jonathan given to you, as one aspect of yourself, was indeed a part of you that has lived in another time. I do not see the need for you to seek that part of yourself, because it is done with. But know that you are joined to many aspects of your being. It was not given to you, in order that you can *find out more* as you put it, but only to allow you to know that the spirit, the soul, is more than one aspect. *(Thank you.)* **Do not seek — that energy is now part of the whole and will be known to you, when you eventually return *home* my dear friends.** *(Thank you.)*

Now I must ask that I be allowed to work with this one, for a short time. Open your hearts and see what is available to you all this time.

Les: Thank you for your patience. We hope we haven't kept you too long.

What is time? I wish I could give you more, but for now, we must stay with what time is available.

(General thanks)

One then came through Eileen with a message about two people, but none of the sitters present could connect with the information.

~1st June 1998~

Good evening. *(General welcomes)*

Les: Thank you very much for being with us and I'm sorry we're so low in numbers tonight.

Let me say this before we speak this time:

Let us give thanks for quietness and peace of now. Let it enfold us all in perfect stillness and a humbling.

I say to you, numbers are not so important now, but it means only that I would refrain from any speaking that is important for all to hear. So for this time, I will speak to you and as usual allow time to work quietly with this one. *(Certainly.)* **What I would like you perhaps to think about this time, is that as your earthly years go forward, I want you to consider how it affects your spiritual selves. For example, is realisation there that as you approach say for instance you my dear friend, who is now in the winter of your earthly years, how much it contributes to that lightness of the spiritual self. Have any of you considered this matter?**

Les: Yes, I have the advantage there of course, being the oldest here. And of course the onset of years, which is so inevitable, has made me think much more profoundly of the spiritual content of myself here and hopefully what I am going to experience when I come over to you.

Yes, but do you not also understand how much more you can give to those who are younger in their years?

Les: Oh yes, I beg your pardon.

Continue please.

Les: Yes I do accept that too and I have often thanked those in your world, for the privilege I have had during my lifetime here, of passing my information and learning onto others.

Yes, but that is why we on this side of life, speak so often to you as being *beacons of light*, because as you grow older in your earthly years, so that spiritual light becomes stronger and is more amenable to others who *seek* this knowledge. As you become older in your earthly years, so the spirit comes to the fore and the earthly body, the earthly thinking, should begin to take second place, you understand?

Les: Yes I think we all understand that. But of course, we can never fully understand it until we reach the age when we can accept it, without even having to think about it.

That is the purpose of life, is it not, that there should be no seeking, but that the inner self, the inner knowledge is completely at one with itself?

Les: Yes, you put it better, that's what I meant when I said I have the advantage of years, because my colleagues here cannot possibly yet, have experienced, what I've experienced, because of the additional years I have.

But I would say this to you all: Why fly with the wings of the sparrow, when the power of the eagle is within you all, no matter what your earthly year? That knowledge is innate within you all, from the time of what you call birth and what from our side we call '*death*,' as you would phrase it in this world.

Les: Yes that we do accept and understand.

That knowledge and power is within each of you, from that very beginning, but what I say to you my dear friends is that as these earthly years pass, so the mirror of your lives, of *spiritual* lives, should become much clearer; that all mists and — how can I say to you, all *distrust* of the earthly body, should manifest itself, in allowing the truth of spirit to come forward.

Les: Yes I think I would be right in saying — and I'm sure my colleagues would agree that even though they haven't my years, because of your teaching and the teaching of others here on occasions, they have become more aware of the ability to fly as an eagle, rather than as a sparrow, than they would have had, had they not been privileged to have your teaching. I think you all would agree with that wouldn't you? *(General agreement)*

Of course as we spoke before, the inner self, that part of you which is the real you, *has* this knowledge; but when you are clothed within these physical bodies, so much is lost to the thinking. That is why I have come to teach you about the power of your own thought; that is what has been lost,

that is what must be found, if you are all to truly fulfil your true passageways in this world. You have to allow that inner self to come forward in every area of your lives and thinking.

Les: Yes you have told us a number of times that we must always think of ourselves primarily as spiritual beings and not as physical beings.

I will always reiterate it for you, because it cannot be expressed often enough to you, because your earthly memory is not good at retaining the vocal words used here, you understand?

Les: I think everybody follows Salumet, don't they? *(General agreement)*

I will take one question this time.

Les: Right, I have been thinking a lot about what you have told us in your various lessons, because of the disastrous earthquake you undoubtedly know in your world — I'm sure you've many helpers waiting to assist those who are coming over to you. ***(Yes.)*** Now, I want to take a hypothetical case of a man who has died in that disaster in the prime of life. You've told us that we choose our parents and our life here on each occasion. Would that man have been aware that he was going to be cut off in his prime, before he came back, even though he would have forgotten it in a physical sense?

You cannot answer these questions so black and white. You — when your soul chooses to return, it returns to the condition most appropriate for the learning of the lessons which the soul needs to return *home.* Why do you say, the *'prime'* of life?

Les: It's an expression which we would all recognise of course.

Yes I see, yes, well the soul before it returns, knows the extent of the living, which it has to do. Once it has acquired life's lessons — and again we will use your case as an example. That soul need not necessarily be aware that that *time* on Earth, would be the time of his departure. Only if life's instruction had been completed, then conditions would arise for him to depart this world. Do you understand? *(Pause)* **No?**

Les: No I'm afraid I don't.

No, I see, let me explain it to you further. *(Thank you.)* **The soul is aware of the conditions to which it returns, in order that it may fulfil those lessons needed for spiritual growth — you know and understand this?** *(Yes —)* **But again we must return to the free will of the soul clothed within the human body. That free will enables the soul to take many paths, which it perhaps had not had foresight of, when still in spirit. The choice belongs to the human being, you understand this much?** *(Yes.)* **There are pathways in life upon this planet that are pathways not chosen by the soul, at the time of — shall we call it rebirth?** *(Yes.)* **Therefore there will be occasions when the soul has lost all knowledge of what it should be trying to achieve, because of the free will given to it on the return to the human body. You understand so far?**

Les: Yes I do. Everybody understand that? *(General agreement)*

I am trying to keep it simple for you. If that individual has completed life's tasks, then the soul, without the knowledge of the human being, will *see* that he is placed within conditions, which will return him to us. Do you understand now?

Les: I see, yes that is clearer.

It is a difficult thing, it is not so clearly '*cut and dry*,' I believe you would say, because of the free will of the human being.

Les: Yes, you have said before that there is no *black and white*, no one answer to any question that we might put.

The task has to be achieved — once life's conditions allow for those lessons to be learned, then conditions are put right with influence perhaps, that that individual be placed in those conditions which will help him to return *home*. Whether it be a natural dying, or what you term '*tragedies*,' which we have spoken of in the past and which are not *tragedies* at all, because all is known — but there are conditions, which are needed to help so many over at the same time. You must remember that each soul may not necessarily come for their own individual good, but for '*group* good.'

Les: Yes you have explained that before too.

Yes, so it is difficult always to single out one individual, without seeing the wider picture; without the wider knowledge, you cannot see what is happening within this world.

Les: No so again we have to remember what you've told us, that the soul for us ourselves has many horizons, many paths, not just the one.

Of course and it would not always be good for that individual aspect of the soul, to return solely for its own growth. You have to realise that in giving of yourself to others that is where the major growth comes from. *(Yes.)* **In giving love, in sacrificing for another, although I do not particularly like that word *'sacrifice,'* because it seems to indicate that the soul would feel *sorrow* in doing such deeds, when in fact it should indeed bring *joy.* Do you understand?** *(General agreement)*

Les: I agree I don't like the word *sacrifice* either.

I hope it has helped you a little in your understanding this time?

Les: Yes it's certainly given us a lot to think about and — I speak for myself of course, it has made me aware of the need to depart from individual thinking, or thinking individually.

Yes, if you singularise that thinking, then you will lose so much.

Les: Yes I think that's a track that I am tempted to go on, rather than thinking of the universal consciousness.

Yes, once you allow the mind to expand, then these ways of thinking become nullified — the whole being is encompassed by universal thinking, which brings greater understanding to all and encompasses you *all,* in a much more refined type of living and giving of *Love.*

Les: Does everybody understand that more now? *(General agreement)* Well thank you very, very much for that, it's added to our knowledge of course once more and we are grateful for it.

I will leave you all my dear friends, with that *Universal Love* I have spoken of. I hope that each one of you can be filled to the point where you *feel* this love surround you and within you, to allow it to sustain you, in all that you try to achieve.

Les: Thank you and God bless you.

~8th June 1998~

No Salumet this week as Eileen was away, but there were interesting communicators through Sue:

With your permission, I would like to speak to you and give you a little light relief this time and perhaps give another small insight, into what you will be seeing in time to come, when you join our realms.

Les: Yes that would be very interesting, thank you.

Can I ask please, that all the friends here, try to clear a space in their higgledy-piggledy minds, and listen and try to picture what is being relayed to them. I will wait a moment and then I shall take you on a little journey:

(The audio link for this and many other meditative journeys is freely available from the meditation section of the website www.salumetandfriends.org)

In this world that you inhabit, you have what you term, your four seasons. Although we do not have seasons as you would imagine, there are changes occurring through our time-span also. I would like you please, to picture in your mind's eye, a door. This door is white, but not the white that you know of here. I can only ask you to think of it as the white that you see, on a snowy day in your realms, when snow has ceased, and the sky breaks and a sunbeam comes down and lights upon the fallen snow. Imagine the brilliance and the sparkle from those ice crystals and try to put it upon the door I am asking you to view. There is a handle, a beautiful golden handle on this door and I ask you to reach out and turn it and gently push the door and let it swing open. This vista you will see before you, is what you would call winter. In your winter, you have bare twigs, you have dark clouds amassing in your sky and you have rain. None of these things are wrong, it is just the season and what is expected, but in our realms it is not quite so sinister. Ahead of you is a beautiful tree; look up from the bottom bark, let your eyes lift. The

boughs sweep out either side, like a magnificent cloak and the bottom branches are touching the ground. It is winter, but look at the leaves, see how they sparkle with the dew; look at the brilliance, though they are not green as you would expect in springtime, neither are they the mottled oranges and brown of the autumn, no. Look again, see how they shine — clear transparent. Each one is like a miniature mirror, go up to the nearest bough and look into those leaves and you will see your reflection a thousand fold. Gently rub your hands over those leaves and listen to the wonderful music that that creates. FEEL the soft dew upon your fingertips and BELIEVE that that is the tree of our winter. Now return slowly to the door and gently close it behind you.

Now we move to the next door, for the season of spring. This door I would ask you to see, as a shimmering silver green; a new colour which denotes a new growth — touch the handle, push the door wide. In front to you now, are much smaller trees. Look at them, look upon their branches and see the buds. Now, carefully watch, as each bud opens slowly before your eyes. See how it shimmers with the colour of the door. See how each leaf unfurls and grows and offers a promise of things to come. Look, look up and see the new butterflies as they rest upon the new leaves, their colours more vibrant, more shimmering than the best and softest gossamer. Listen, as they beat their wings, listen to the music of spring. This is the season of rejuvenation and those that wish it feel reborn, as they watch the tree give birth to new life. Walk back slowly now and close that door behind you.

The next door is for the summer time, a time of warmth, a time of laughter. This door I would like you to see, as a bright golden yellow. Feel the warmth coming from it, as if it was the rays of the sun. Once again push open the door. Before you once again is the most magnificent carpet of flowers. See how the gentle breeze moves their petals, so the colours intermingle and become a shimmering light. What colours do you see? Every colour of the rainbow and every colour that you have yet to see — colours that you cannot identify, but will in time to come. Listen as the petals stroke by one another, listen to the music of the summer time and feel glad. There will be no need for you to pick these flowers; that is not the purpose of their growth. Stand a while and breathe in their perfume; it is as you have never smelt anything before. It will release in you all, the joy for living. Slowly say farewell to the summer time and close the door.

And now the final door — this door is more than one colour. See how many you can see mingling on its surface — golds and copper, browns, greens and reds. Open this door and what is before you? Look, look as a carpet of leaves unfurls before you. Raise your eyes and see how they come down, gently coming down, swaying and touching and apart and touching, until they reach the earth's surface. Listen to the murmuring of them, as they come down. Look through them and you see another tree. But look, not one leaf has dropped from its boughs, not one. It is still as vibrant, as it ever was, but more muted, more gentle, coming to the quiet time, to the quiet time BEFORE the winter comes. Put your hands down and lift the leaves and let them fall in front of your face. Smell their perfume, so different to those of the flowers, but no less beautiful for that. And now stand back; move your eyes from right to left and what do you see? All four of the seasons, all mingling together, becoming as ONE. And rejoice in the knowledge that you will be surrounded by all of these senses. Listen to the music of the trees, smell the perfume of the flowers, listen to the murmurings of the leaves, as they fall and rejoice, for this is the Spirit of Life.

Les: Thank you very much for those descriptions.

There was then some discussion about how in spirit realm all these seasons can be produced with the power of thought. We then thanked our guest and said our farewells.

A young child then popped in briefly through Sue for a light-hearted chat before we closed.

~15th June 1998~

Good evening. *(General welcomes)*

It is good that we have so many of you together this time.

Les: Yes it is nice isn't it, to have almost a full meeting again.

We welcome back the one who is forever seeking and know that he has grown from his experience.
Paul: Thank you.
I would like this time if you will permit please, to speak a little more about the power of your thought.
Les: Yes please do.
You know from past meetings that thought I have told you, is the most powerful thing you possess, not only in this lifetime, but in all of your living. Thought is the real you, in all its many forms. I know each one of you have thought long and hard about my words on this subject, but this time I would like to introduce to you another avenue of thinking and it is this, my dear friends: Have you considered how intrusive you can be upon another's thinking? Can any of you say that you have thought about this to any deep degree? *(General negative responses)*
Les: I can't say so.
No, because you have not.
Les: You did say to be *intrusive* upon another's thought, did you? ***(Yes.)*** Thank you.
Another's *thinking.*
Les: Another's *thinking*, yes—
Now I hear you say, how can that be, because you know dear friends, that you must be responsible for all actions taken by yourselves. But also you must be aware of the power of your own thoughts whilst here within these bodies, because as you grow spiritually in strength, so too does the power of your thought. We have discussed this have we not? *(Yes.)* **But it is also possible for you when that sensitivity arrives, for you to be sensitive to another's thinking, and unconsciously perhaps you might say, *'but that is not quite true,'* because in the spiritual sense, each one of you is aware of your thoughts. You *can* direct your thinking to try to alter another. Do you begin to see what I tell you?**
Les: Yes I would accept that, because I have done it on a number of occasions, when people have telephoned me for a healing appointment and I have been thinking of them afterwards and when they've arrived they have said that they'd begun to feel better, after having spoken to me on the phone.
Yes, that is not *intrusive thought* though, my dear friend.
Les: But wouldn't it be intruding upon their thinking?
No, because it is for good. What you must be aware of, is if you become sensitive to another's thinking and desire to change *their* thoughts that is when it becomes intrusive and that is when you must take control of your own thoughts. It happens all of the time, without many people knowing or understanding what they are doing. But once the recognition and the understanding of the sensitivity to others is there, then you must be careful in how you allow your own thinking to be directed towards them. Do you follow? I feel it is a little confusing for you, but I hope that you will think upon these words, because my dear friends, it is only another discipline in your spiritual growth. To control your own thoughts, helps you to understand and to know that all of you as individual beings, has the right to remain so, without intrusion from our side, or from those on this planet.
Les: Yes I think we begin to understand. I'd like to ask a question please, ***(Yes.)*** so that we can clarify perhaps. I would think that none of us here at this moment, are sufficiently developed spiritually, to be able to control another's thoughts, or to be intruding upon another's thoughts?
No, no you are not, but that does not mean you should not have the awareness, because the time will come, when each one of you has reached a stage, when that temptation may arise.
Les: That's making it clearer. *(General agreement)* So there may be a conversation from another person later on in our lives and we may then perhaps have the ability to influence that person's thought, without them knowing, is that so?
Yes, remember always that each soul on this earthly planet, have their own lives, have their own individual thought patterns, and it would be wrong to interfere, or to try to change a thought from their own free will.
Les: Yes of course we would agree with that absolutely, because it would be interference.
Of course, and I have told you that we from our side of life, are not allowed to interfere in your lives, only to influence but not to interfere. *(Yes.)* **So those same rules must apply, because after all you are**

still spirit. Remember, most important word: You are YOU, but you will only remain clothed with these bodies, for just a short time.

Les: Thank you for forewarning us. So are you suggesting that in future, we shall have developed sufficiently spiritually, to be in a position to intrude on another's thoughts and alter them?

I am telling you my dear friends that all possibilities, all *'gifts'* as you say here, of the spirit, are available to all. Whether you develop — have the ability to use, that is entirely up to each individual soul. What I say to you is this my dear friends, that I give you this knowledge beforehand, in order that you can ponder, at your leisure if you will, my words, in order that you are *pre*pared for any eventuality of this kind.

Sallie: Can I just ask one thing on this please? ***(Yes.)*** When you talk about influencing others from your side of life to us, you may influence but not intrude. ***(Yes.)*** So would that be similar to actually suggesting a thought pattern to somebody, but not actually trying to change their own? I'm trying to work out the difference between influencing and being intrusive.

Influence is the act of encouragement, for that soul to create the thought that is best for them.

Sallie: Right —

You seem unsure my friend; it does not make sense obviously to you. When someone is influenced, we influence them, we encourage them to create their own thought patterns, that is leading them in the correct pathway of life. That is influence as opposed to interference, which would direct in one way or another. Does that help you?

Sallie: Yes I've got it now, thank you.

Les: Because we would then be deciding their future for them wouldn't we, ***(Yes.)*** which we must not do. Right, well we do thank you for the forewarning, it is certainly something we have to ponder on.

It is just one more thing that you should try to understand. *Thought* as you know, it is the most important thing you possess and always I will return to it.

Les: Yes, thank you. Now, we understand I think about the possibilities of our thoughts influencing the thoughts of another, in their spiritual development. I'm going to ask a different question if I may. How can the power of thought affect our physical bodies?

It has the power to change all things within the body.

Les: It has that power has it?

Of course, it is the most powerful thing you possess; if the thinking, the power of the thought is right, constructive and for good, then it will materialise into the physical being.

Les: That answers a question I've had in my mind for a long time.

Yes and it has taken you so long to voice those words.

Les: Yes you're right! *(Chuckles)* We can't get away with anything can we, with you?

Your thinking is *YOU*, the thought is *SPIRIT.* Go away from the physical thinking, when we speak of thought, we are *spirit.* Spirit can change *many* things within the body, if the thought is strong enough to create that change. This is where the *physical brain* tends to interfere; the brain, or the *human being* shall I say, tends to be negative and to try to side-step the thought of *spirit.*

Les: So in fact then, spiritual thought is all-powerful?

All-powerful — do not doubt it.

Les: Thank you for that information.

We are helping you my friend.

Les: You certainly are.

We are helping. *(Spoken gently)*

Les: Yes I'm sure of that and you understand why I asked the question, because I know you have been helping.

Yes, we need not use words this time, but know and understand fully, that *many* ARE with you, many, many are with you. *(Pause)* **Now —**

Les: Is there any question anybody would like to ask on that? I think Salumet wants to be sure that we all understand the extreme power of thought.

George: Yes I think at a physical level, we are aware that a powerful speech can alter the thinking of others and it seems to me a small step, that the thought behind that speech, can also alter the thinking of others.
Yes, it can to some degree, but the difference lies, when the spiritual power of thought, is directed towards each individual, rather than general speaking — that is what I am trying to get across to you. But yes, in human life terms, there always will be those strong speakers, who are capable of influencing the thinking of another, but that is slightly different, you understand? *(Yes.)*
Les: That would be on a physical level, wouldn't it?
Yes, but of course the thought is still involved, but to a much more immature degree.
George: Yes, that clarifies that, thank you. ***(Yes.)***
Les: Now I come to a very delicate question: If in future we have developed spiritually sufficiently, to be able to influence the thought pattern of another, how are we going to know that our efforts to influence that person are correct for that person?
You would have the '*rebound of thought*.' Remember always that what you give comes back to you, do you understand?
Les: So, it may sound contradictory, but if we were trying to influence in what we considered to be the *right way* for that person, but in fact it would be the wrong way, ***(Yes.)*** we would be made aware of that, would we?
You would have understanding of it, yes — *(Good.)* **the understanding would come. If you have reached such a state that you are capable of attempting these things, then your own thought patterns would — it is difficult to tell you, but it would be *rebounded* back to your thinking.**
Les: That's comforting to us all I think, because I'm sure that we all at some time, if we do attain the ability to influence others for their own good, I'm sure we'd like to do so. But I'm equally sure, ***(Yes.)*** that none of us would wish to do so in the wrong way.
Of course not. I do not explain this thing to you, in order that you feel that you would do wrong, but in order that your understanding of yourselves becomes clearer — that is the purpose of the telling.
Les: We appreciate the reason for it, thank you.
Now my dear friends, I would like to work with this instrument this time, for just a little time. Perhaps each one of you can devote the time to your own individual development. I will leave it to you to decide what is best for the rest of this meeting.
Les: Thank you. It won't affect you, if we do discuss this quietly?
Yes please, provided there are no sudden noises. I leave you all my dear friends, in the knowledge that each one of you is encompassed with our love, with our teaching and our knowledge. Know always that you will be helped, if your purpose of life is for the good.
Les: Yes, thank you very much indeed and God bless you. The love of all of us goes with you and though you don't want it, I'm going to say our very great gratitude for what you do for us.

A quiet discussion then followed, with comments from Sallie:
Sallie: It's interesting what Salumet was just saying, that we would always be helped, if what we were doing is for the good. I was just thinking sometimes I suppose it's a question of keep questioning yourself inside. But sometimes I'm not always sure that what I'm doing is for the *good.* I think it is, but there are so many different facets of looking at things, aren't there? It's just working out what actually is for *good*, I suppose.

Les's breathing then characteristically changed as he began to channel a response:
Yes may I answer your question dear lady?
Sallie: Thank you.
Earlier during discussion this evening, it was emphasised that when, WHEN we achieve sufficient spiritual knowledge to be able to influence the thoughts of another, then we must be careful that we do it for the right purpose. Do you recall that? *(Yes.)* ***Thank you. I suggest now that you are still thinking in physical terms. Do you understand?*** *(Yes.)* ***With respect, you as have all the others here, still have much***

to travel, before you have developed spiritually sufficiently to be able to alter or to influence the thought pattern of another, in the way you might think desirable for that person. When you have achieved the spiritual ability to do that, then you will not even have to question whether you are doing it correctly for that person; you will KNOW whether you are or not. That you cannot do at present, because of your physical thinking, not the spiritual context. Is this clear?

Sallie: I believe I understand that. The bit I was confusing myself about slightly was when Salumet was saying right at the end before he went, that we would always be helped by that side of life, if what we were trying to do was for the *good.* And what I was confusing myself with, is sometimes I ask for help, because what I'm trying to do, or *think* what I'm trying to do, is for the *good, s*o I ask the spirits to assist me, I ask for help. But how do I actually *know* that what I'm asking for is right? Am I doing it for the *good?* I'm not making any sense, because I don't understand it myself.

We do understand your confusion dear lady. May I suggest that you do not give us sufficient credit for knowing whether we are aware of your desire to do it for the good of another? If it is not for the good of another, then I would suggest that it should be obvious that we would not assist you upon the path of thought which you are emitting. Do you follow?

Sallie: Yes somehow that makes it very simple now you've said that.

You are sure that you are satisfied? We wish you to understand these things very clearly for your future development. Are you happy with what you have been told, or do you wish to question further?

Sallie: No, it feels comfortable what you've said — I don't have a question about it, thank you.

Thank you, as long as you are satisfied, then we will leave that particular subject. *(Thank you.)*

Now are there any further questions any person would wish to ask, whilst I'm here? *(Pause)* ***Or have you absorbed so much that you're altogether satisfied with your knowledge and acceptance of what has been told to you this time?***

George: Yes I think it is true to say that we in the physical have always upheld the principal of influencing the thoughts of others, through *example*. Clearly this is a physical route to influence, but I would guess there are *thoughts* behind that example and the direct thought into action seems to me —

May I interrupt sir? You are becoming rather confusing in your statements. Could we simplify it please?

George: Yes I'm sorry. The thoughts behind our actions, if they interact directly —

Sir, sir, sir, you too are going along the physical path. The thoughts behind your actions are from your BRAIN, are they not? *(Ah, yes.)* ***Your brain is your physical aspect, is it not?*** *(Yes —)* ***So you are still thinking in physical terms and you are not applying spiritual awareness. Does this answer your question before you ask it?***

George: Yes thank you — I was into another area of confusion, thank you.

We were aware of that, which is why we rudely interrupted. You understand the reason for our interruption I hope? Not that we wish to be rude, but we do not wish to waste time.

George: Yes this is clarified, thank you.

Thank you and is there a question from anybody else please? *(Pause)* ***Then I would say you must have encyclopaedic minds my friends! That is comforting to us, even though we cannot accept such as statement.*** *(Chuckles)* ***Then if you have no other questions I will take my leave and leave you to talk amongst yourselves, about other matters perhaps pertaining to the knowledge which currently is overwhelming for you, in that you have no questions. God be with you my friends.*** *(General Thanks)*

George: Thank you for clarifying those matters.

Thank you for listening. We hope that it has been of help. *(General agreement)* ***God bless you all, goodbye.***

Another followed immediately through Les:

You lot don't half muck them about you know — don't half muck'm about. *(Laughter)* ***They come here with all their good intentions, good knowledge, wanting to educate you, but you don't bloody well want educating. Why don't you ask questions mates, when they want to answer them for you? Ay? What gets into you all? You don't know it all, do you?***

Lilian: We don't want to make a fool of ourselves, I think.

Sallie: If you ask a couple, you don't want to ask any more, because you feel like you're taking up the whole meeting — everybody's got to have a go at it.
That's just an excuse, just an excuse. You don't take up the whole meeting, questions take up the whole meeting, not two of them — go on, you're not getting away with that one girl. *(More chuckles)*
Mark: I feel that they expand the thinking so much that —
And you ain't getting away with that either.
Mark: No but it's just so incredibly — it's doorways that haven't been opened yet.
Give em a shove and open em a bit more. Ask questions about it, that's what you've got to do when the door's open. Don't just look around the corner as though you're scared — push it and ask questions. I don't know what I'm gonna do with you — Bloody well leave you I suppose.
Margaret: Oh no, don't do that.
Well have you got any questions, I can answer you?
Mark: On that theme?
Anything you like mate, anything you like.
Mark: I was just wondering if I was thinking along the rights lines on this: In the bible I think Jesus was —
Oh god, now you've got me — *(More chuckles)*
Mark: Jesus was given the awareness that someone was going to betray him. He was given the awareness presumably from spirit, but he let the person *(Judas)* carry on and betray him, because that was presumably his growth? He didn't interfere with his growth, as he needed that experience of being a betrayer.
Of course he did and of course he got the information from spirit about being betrayed. Where do you think he got it from?
Mark: Yes, so he didn't try and interfere with that thinking, even though it was actually going to hurt him.
No, but he did try and influence him didn't he, by telling him he was going to?
Mark: He influenced but he didn't interfere, yes.
That's right, he was influencing by letting him know he knew. But he didn't say he ain't got to bloody do it, did he?
Mark: No, but he did have the power I suppose to if he'd wanted to, but he was —
He didn't have the power mate, he didn't have the power. If he did, what was told you tonight — it would REBOUND on him, if he'd tried to influence that man against what he should be doing.
Mark: Ah, it would have weakened him, right.
Yeah, he'd of been aware that he mustn't do it. You don't listen do you? *(General agreement + laughter)*
Anything else you want cleared up?
Mark: That's all for me, thanks.
Anybody else want putting in order? No, well I'll go back to my fish and chips.
Sarah: Do enjoy them.
I shall don't worry, don't worry. I can still have them when I want them — that's my treat. I spoils myself now and again. I bloody hard day's work and I have a nice fish and chip supper.
Margaret: What work do you do?
Cor! What work do I do? What don't I do? For a start I comes and mucks about with people like you. I follows on where the big ones tread; try and clear up the bits of mess left, cos you won't ask questions. That good enough for ya?
Margaret: Yes thank you.
I go to other places as well, you're not the only awkward ones, don't think that. But I don't suppose there's any much worse than you. *(Laughter)* ***Still that's life that's life. I've gotta earn my fish and chips. Cor! They aren't half good over here too!*** *(Laughter)* ***Now nobody has said to me, why do you eat fish? See, another question you could've asked.***
Sallie: I was thinking it though.
Well why didn't you ask it?
Margaret: Well, you enjoy it.

Sallie: But the fish don't.
If you thought I shouldn't eat fish, why didn't you ask why I eat it?
Sallie: Well because you're a bit sort of forceful, aren't you and I thought you might bite my head off, to be honest.
You're not near enough. *(Laughter)*
Sallie: Yes why do you eat fish when you don't need to?
Ah! Got her got her got her. You ain't been listening to the power of thought girl, have you? I THINK it's fish —
Sallie: You *think* it's fish — that makes sense, that's all right.
Oh good, I've said something right.
Sallie: I feel happier about that.
I THINK it on my plate, I don't go catching it.
Sallie: So it's not a real living fish that you're eating?
T'is to me, t'is to me. I've got the thought powerful enough to make it seem that, but it hasn't killed the fish. Does that satisfy ya?
Sallie: That's fine, thank you.
Now ya know what the power of thought is. *(General agreement + chuckles)* ***And I don't have to even dig the bloody potatoes either, but I have some lovely chips. I'm going back to em now. I can almost smell em. Oh well if you've got no more questions I'll go, thank you. Nice to have met you mates, nice to have met you.*** *(General agreement + thanks for coming)*
Hope it hasn't upset you, me coming? *(General expressions of 'Not at all,' + 'Come again!')*
If you're gonna ask questions, perhaps I shall. But I'm not putting you off asking questions, don't think that. You ask em, you think about what's been told and you ask questions. That's the way you learn mates. I've had to learn like that. Ah well, that's enough bullying for one night. I'll say cheerio to you all. *(General goodbyes + thanks + 'Enjoy your chips!')*

~22nd June 1998~

Good evening. *(general welcomes)*
Is everyone comfortable this time? *(General agreement)* **There have been heavy hearts with some of you, since last we met. I hope that each one of you knows and understands that by coming together as you do, do you realise how much each of you are given from each other, to each other?**
Les: Yes, and I don't think anybody has any doubts about that, have they, that they are giving and taking from each and all? *(General agreement)*
But are you aware that the interaction and exchange of energies which occur within this room, helps in your growth and understanding of life itself?
Les: Yes, I think it must do that and would I be right in suggesting that not only is that growth and understanding applicable to each of us here, but by its very nature can be used for the growth of others outside this room?
That is where your work begins, not in the exchange or interaction of your own individual energies, but in taking forth from this room and giving to another. That is the work that each individual one of you — that is each one's responsibility. But in coming together as you do, it — shall I use one of your common sayings, *'recharges each battery.'*
Les: Yes, thank you, we understand that.
Of course, I do not speak about the physical, let us be clear about that dear friends. I again speak to you on a spirit level. Are you aware of this interaction, or I fear *some* of you may not fully know or accept that this is so, yes?
Les: I can only answer for myself, yes I do.
I wait for the lady's question.
Les: I beg your pardon —

Sallie: It's something to do with, we're learning from each other in the interactions, apart from recharging spiritually, each one of us is teaching/giving something to somebody else in the group — knowledge or understanding—

Of course — you have it. Not only are you giving to each other spiritually, you give to each one here, that energy which perhaps they are lacking in. Now do you begin to understand? It is a mutual exchange of energies with each one of you. It matters not what stage of development you have reached spiritually, but it does matter that you allow this coming together, to give of your time in order that this process can take place.

Les: So even though some of us may be unaware of this, our reaction to people outside of this room in the course of our physical daily work, daily life even, this could be taking from us some of the spiritual knowledge and energy, which we acquire from each other at these meetings?

Yes my dear friend. You exude the spiritual energy, which is — I will not use the word *'recharged'* again, because it is innate within you all, but it needs to be used wisely. And of course you would not always be fully aware of what is happening in the meetings with another. After all, have I not told you that there are no chance meetings? *(General agreement)* **Therefore when you come to meet another human being, always there is a spiritual purpose.**

Les: Yes, you have made it clear in the past too that it is the spiritual part of that person we may meet, that is being attracted to our spiritual self, even though neither of us may be aware of that.

Yes, you should by now at least be aware a little that these interactions are taking place. I believe my dear friend that at times, all of you have the inner knowledge that someone known to you perhaps, is in need of some of your help; that is the spiritual drawing to another person. You human beings tend to name it *coincidence* or *accident*, when in fact spiritually you know that you are being drawn to that person for a good reason.

Les: Yes, I think it will be interesting for us all to have an individual reaction to that, if everybody's agreeable. Jack, have you experienced that?

Jack: It's what you'd normally call *intuition,* I suppose. ***(Yes.)*** It has happened in the past certainly.

Les: Doesn't matter if you do call it intuition, it's basically the same. Sallie? I know you have, haven't you?

Sallie: Yes I have and sometimes I think it comes through dreams as well. Perhaps if for whatever reason you are not taking enough notice of what your intuition or a spirit guide is prompting us to do, then sometimes you'll get another prompting in sleep state.

We have discussed this matter have we not? When you know that something is repeated to you constantly, that you must heed it and know that you are being helped to understand. We have spoken at length about this matter, have we not? *(General agreement)*

Les: Mary?

Mary: Yes, I think I do, but I think I often don't listen enough, but I realise afterwards that I should have listened.

Yes, the lady — her logical thinking sometimes interferes with what she should be feeling. But no matter, each one of you has experienced these things. It matters not what title you put to it, know my dear friends that it is the *you*, the real *you*, that is at work. This lady has much to do in time to come.

Les: Sarah?

Sarah: I think I'm getting better at listening to what's been coming, I'm much more aware now than I was before. I think since we had the talk on it, I've been made more aware.

The purpose of helping another is firstly of course to recognise the awareness, but to allow yourself not to question, but to — how can we say — *automatically* be drawn to what you know is to be of use. Too often you humans withdraw from your way of thinking and feeling. It should be spontaneous. You will always be drawn to the right person in need of help, if you will allow those thoughts that I constantly and repeatedly speak about, if you will allow them free rein, they will always guide you to the right directions.

Les: You remember the talk about intuitive thinking Sarah? Some time ago Salumet spoke about intuitive thinking as opposed to physical thinking. *(Yes.)*

Les: Paul?
Paul: I sometimes get a feeling with people, but I think I'm too inhibited sometimes, ***(Yes.)*** to go with the flow.
He is reserved at times, but can I say this to you, that sometimes with your reticence, it matters not, because you give forth much, my dear friend and those energies will be taken, if your intentions are good. So all you need at times is to be a little more forceful with yourself. Do you understand?
Paul: Yes, I think so. Sometimes it's difficult to find the right words for things.
Yes, that my dear friend, is your human failing. Work upon it and you will be helped if you so desire. But you need to *want* that help. Can you understand?
Paul: Yes, I'm becoming aware that that's an important part of the growth, yes.
Do not be too concerned, but it is good that each one of you is aware that these subtle energies, are always at work.
Les: Mark?
Mark: Yes, sometimes I've noticed with a lot of people I find there's not much impulsion to talk to them, but I get the odd person, and it surprises me, that there's been quite a free channel of conversation.
Yes. You must remember also that numbers are not important. If you can help but a few people within this one lifetime, then I say to you all my dear friends, your task in helping another cannot be dismissed. Do not feel that there is any gratification in numbers. Do you understand? *(Yes.)*
Les: George?
George: I was at a wedding at the weekend and I felt there was a very good energy at times. ***(Yes.)*** It left me with a very nice feeling as well and timing seemed to be important. There seemed to be a *right* time to talk with an acquaintance.
Yes. Can I say this to you, that many opportunities are placed before you in your lifetimes upon this planet. You, my dear friends, remember what I have told you, that your free will is all-important when it comes to making decisions; you either can go forth and offer yourselves for good, or you can retreat back and withhold those vital words of contact. But each one of you are given the opportunities to grow and allow your spiritual growth to touch another human being. When you feel that interaction of good, are you not left with that feeling of upliftment? Do you not know that that time spent in contact with another human being has raised you to greater heights? *(General agreement)* **The feeling is always one of good.**
Les: Margaret?
Margaret: Well I've become a good listener and I was asked to talk to a lady who lost her husband a year ago and in the last three weeks I have made her a lot happier and that's made me happy too.
Of course, again I would say to you, it is not always necessary to use the spoken word — a look, a touch, a gentle gesture, is enough to uplift another. It of course depends on each individual situation placed before you.
Margaret: The first time she came to see me, I gave her a big hug and she said she hadn't had that since her husband died, so I was quite pleased that I could give it to her.
And do you not see the rebound effect that you have had, my dear friend? *(Yes.)* **Not only have you helped the lady, but in helping her you have helped the departed one. Do you all understand that?** *(General agreement)* **Because, my dear friends, that is important to understand, that what happens within your world, also is like a mirror image in ours. Do you understand that?** *(General agreement)*
Les: Lilian?
Lilian: Yes, I can see the interaction now. It's much more clear and you've already answered my question, on the feeling we get when we have helped someone. I guess that's the spiritual upliftment.
Yes, remember that what you give out, so do you receive and that is why the feeling of joy and upliftment is greater, when you have taken forth and done your work well.
Lilian: It makes much more sense now.
Les: I won't go into a lot of detail, but in the last six months, to confirm what Salumet has said about there not being accidental meetings — in the last six months, I have had five people contact me, who over a

period of time going back to 18 years, received help either for themselves, or for a close relative and the last one happened today. It has surprised me each time, until I remembered, about there not being such a thing as an accidental meeting. I must confess I felt very happy each time I was speaking to each of those people.

Yes, and do you not see my dear friend, that because of your going forth in your years of knowledge, that others in return, do not need you to go forward but are pulled towards your *energy*, your *light,* your *goodness?* That is why *they* come to you. As in all of the other cases, when people — perhaps you would say *unexpectedly* come and you are able to help them in some small way. But because of your many years of dedication my dear friend, more often than not, at this stage of your development, people are drawn to your *light.*

Les: I'm very happy to learn that of course. Obviously I am always delighted to help them again.

Know that you have worked well. There have been occasions, which I will not go into, but which in time you will recognise that you have missed out on, but of course as human beings, that is quite natural, so do not be harsh with yourselves, when the time comes to stand forth on judgement of yourselves. You understand? *(General agreement)*

Les: I hope everyone feels better for that '*discussion,'* shall we say, on personal revelations; it can only have helped us. *(General agreement)*

You can only have helped each other. You counterbalance each other when you meet in this manner. I wish I could show you all the colours and the energy that is within this room at this moment in time. If only you could see the blending of your energy, it creates something that would dazzle you. So my words to you this time my dear friends, are these: Come to know yourself well. As you know yourself, allow that part of you, to go forth, to allow others to know you, to be strengthened and uplifted by you, to take forth all that you have learned, but never to force your thoughts upon another — this too we have spoken about. *(General agreement)* **Be careful in your thinking, but to allow freely, to give of yourselves freely, in order that your spiritual energy can be blended with another in need of such energy. After all, my dear friends, you are all but *energy.* See yourselves thus and you will find greater knowledge of all things.**

I would ask if I may this time, that as I leave you, that each one of you sit quietly for a few minutes of your time and feel those energy patterns that you are. Come to recognise them and then to allow them to expand to each one in this room. See my dear friends, if you can feel the blending of those energies. I withdraw from you this time, leaving you with my love, *love* that belongs to all Creation; an all-encompassing love, not only for you this planet and all others, but to know that as I leave you, I leave part of *me*, with each one of *you*. *(General thanks and farewells)*

Les then began to reiterate something when one spoke through him:

Les: Before we go into silence, I'd like to remind everybody, including myself of course, of what has been said so many times: You never know what seeds you are planting and you cannot know what the result will be. And if you remember that every time you have occasion to help anybody — *(Les then channels)* ***— you can never know the extent to which those seeds you have planted will flourish and will in their time, produce growth, which will of course in time produce further seeds — and so the cycle is never-ending. Think not that when you help one, it is one only who is receiving your thoughts, your love, your energy. It is not your individual energy, as you have been told tonight, it is the universal energy of all within this room, who have, though not aware, have themselves benefited from the seeds planted by others, who you do not now remember. Do you understand this?*** *(General agreement)* ***You are the growth, which is now in turn, able to produce the seeds for future growth, and so the cycle continues. Is this clear?***

George: Yes, beautifully clear, thank you.

Free your minds of the thoughts, that the help you give is a personal effort. It may pass through a personal channel, but always it is a universal consolidated effort; the effect of much in the past, which

also has been consolidated and was universal. Is this also clear? *(General agreement)* **Is there any question you would like to ask, if not we will go into the silence as requested.** *(No questions)*
God be with you all. *(General thanks)*

~29th June 1998~

Good evening. *(General welcomes.)*
Les: We're very pleased to welcome you.
I await your questions this time, before I work quietly with this one.
Les: Right thank you, would anybody like to start the questioning?
Sarah: It would be nice to know what Salumet thinks of this changing of fruit with genetic engineering?
Yes, my thoughts my dear friends, have been given to you on previous occasions regarding human links with genetic interference. It differs not with your question. I will say only that man must stop interfering in the manner that he is so doing. He will find the error of his ways.
Les: I think you're referring to genetic changes now, are you?
Yes, mankind must realise that *all* is already perfection, that has been provided for you upon this earthly planet and any such interference, whether it be human, vegetable, mineral, whatever — he must realise that although he seeks betterment at times, he is failing in his heart-felt desire for such.
Les: I don't think he will better anything.
Of course he will not. But the seeking and the searching, is what is uppermost in some human minds. Does that satisfy your question?
Sarah: Yes thank you very much.
Les: Any more questions?
George: We have talked about the soul and the way it is made up of past lives, or in a *way* it is made up of past lives, but these past lives will be from different time periods. I was wondering if any further discussion of this might help us to understand the nature of *Time* more.
You will never fully comprehend the time factor as described to you here. After all, the soul does not belong only to past times, it is with future times also — that is where the difficulty lies. The soul encompassed past, present, future — all is intertwined. We have gone into this at certain times and I have said to you, we shall return to it on many occasions. But at this particular time, I do not feel that you are ready for more detailed discussion.
George: Yes, thank you for your words on that.
I hope you are not unhappy, but we shall seek for you, in your understanding of the time-scale.
George: Yes, thank you.
Remember the soul is without *time*, do you all understand this my friends? You must fully realise that the soul is *timeless.* *(Some agreement)* **Are you sure that each one of you understands?**
Les: Yes I think we shall have to accept and understand that we shall never understand in this life.
No, you never will, but we can help you to understand just a little more.
Les: Yes I agree.
George: It's nice to have your statements, because that does make us more certain of those few facts that we have grasped.
Yes, in pondering these facts, then your knowledge will automatically grow within you, yes.
Les: As a matter of fact this isn't a question, but it follows on: I was thinking of you — well I've thought of you quite frequently recently Salumet —
Yes and I thank you for that.
Les: — and it tied up with something my lady Ruth used to say when things weren't quite as we would have liked them to be. She would say: *'Well I always remember what I was told by someone who was very knowledgeable: If you can't have what you want in this life, always make the best of what you've got.'*
(Yes.) That doesn't sound much, but it's quite profound.

And I will tell you, that is still her thinking philosophy; it does not alter because your state is altered. Remember how important your *thinking* is.

Les: Yes I think it would do us all good to keep that constantly in mind, because if we do try and practise that, then we are inevitably fulfilling our desire for spiritual growth too.

Your spiritual growth will become natural to you, if your thinking is correct. It follows — it *has* to, that if the thoughts are following the correct pathway of your lives, then your spiritual unfoldment also will follow. Can you see, it must always be connected with your thinking?

Les: Of course it must.

I always will stress on many, many occasions, the power of your thoughts. After all, you are pure thought. Do you understand my words?

Les: We understand what you are trying to make us understand. ***(Good.)*** I think we accept that we never shall fully understand, but we must, by making the best of what we have got each day of our lives, we automatically are progressing towards a greater awareness of what we do have ultimately to understand.

You have much, much to understand. But my dear friend, when first I came to you — and that was in this month of your year, it was said to you both, that we must go slowly, slowly, slowly, in order that the understanding for each one of you, in differing states of development, would be enabled, to understand at their own pace, that the information and wisdom that I was to bring to you, would be devoured by you and readily accepted by you. I wanted you to grow slowly, slowly, in order for this information to be digested properly, and I will say this to you my dear friends: My heart grows full each time we meet, when I see how much each one of you has grown. You may not all be aware, but your spiritual lights now are so much brighter.

Les: Thank you for that I know it's very comforting to us all and thank *YOU* for it. I know you say you don't want thanks, but let us have that physical acceptance.

I accept them *(?)* but it is not necessary my dear friends. I have come to you on a wave of spiritual love and have been accepted by you all and you have returned fully, that love which I have brought *(?)* each time we meet —

The recording had become very faint/fuzzy by this point as Salumet withdrew in order to work quietly with Eileen.

There then followed one through Sue, called Sister Veronica, who explained that she had brought along some children in need of healing. These children had suffered much whilst on Earth and were given healing/comfort from the sitters who were each assigned one child to work with. Any despairing thoughts were to be released with love.

~6th July 1998~

Eileen was away this week, so no Salumet, but there were other speakers of interest, the first one coming through Sue:

Good evening. *(General welcomes)*

Les: Thank you for being with us.

I have been in this room before, but this is the first opportunity I have had to bring speech, as well as my powers of healing. I have worked closely with you my friend, over many of your years. I was often with your lady and since she has been on our side of life, we have continued with the work together.

Les: I'm very pleased to hear that and I'm sure she's delighted.

You can imagine I'm sure, how she reacted when she could put a face to that that she has felt. Do you understand me?

Les: Yes I do.

She could feel my presence, but when she came to us, then the last pieces of the jigsaw were put into place.

Les: That's very nice for her I'm sure.

It was equally pleasant for myself and my fellow workers to be able to welcome her into our realms.

Les: Yes I'm sure it was a wonderful welcome, because she was often saying how she looked forward to meeting you all one day.

Indeed, and I say to you and I am sure you are aware in any case, that she now has great joy in what she does. We would be lost without her, you understand me I'm sure.

Les: I'm very pleased to hear that, because she was a wonderful lady when she was here and it can only have been emphasised when she has the opportunity to use the additional power in your world. I'm sure she's doing a great deal of good work.

That goes without saying, but she still has an unbreakable bond with yourself, as I'm sure you are aware.

Les: Yes I'm often aware of her with me and for that too I'm grateful.

Since you have brought your healing evening to a close — and may I say and I know you will accept my words in the spirit they are meant: About time to! *(Laughter)* ***Since you have curtailed that part of your work, we have moved away to your protégés, do you understand?***

Les: Yes I believe they're doing quite well and the healing is all going quite well with them.

Of course. We are there to guide and to be used for the purpose of bringing comfort and aide to those who so desperately need it.

Les: Yes there are so many and I have no doubt at all, that you and your colleagues would continue to work with them, as you worked here and for that I do thank you all and I apologise for not having given up that work earlier.

As your dear lady would say: 'You are a stubborn old soul.' *(Laughter)*

Les: Yes I can imagine her saying that, but I'll have one back on her and say, well she hadn't *asked* me to give it up — I know I had the warning and it's entirely my own fault.

We are with you very closely and we knew that when the chips were down, you would come to your senses.

Les: Yes I did, didn't I —

We can't afford for you to be under the weather my friend; we aren't ready to welcome you just yet. *(More chuckles)*

Les: Well as long as you keep me quite healthy here, I'm quite happy to work as I have to.

You are closely guarded my dear, dear friend and we feel sure that in times of need and tiredness, you can feel our presence around you.

Les: Yes I can indeed, I agree with that and again I'm very grateful to know it.

That is not to say that we are with you constantly, we haven't got time to be with you all minutes of your day, but we always hear the call and respond to it when required, as I'm sure you know.

Les: Yes I do, that's why I use it discreetly and not at every minute.

We know, we know. You are a precious and most important part of our work. We couldn't do what we do, without your guidance and leadership here and we know that all your protégés are following well in your footsteps.

Les: Yes I have been very lucky in that. They are all very capable now of carrying on when I have to leap off; I have no doubts about that at all.

Some of them still can't quite believe that they have found themselves on that path. But as we have said so often in the past, what is meant to be is meant to be. There are no chance meetings are there my friend? When the call comes, you find yourself answering it, even if you are unsure at the beginning, exactly where it will lead.

Les: Yes that's quite true and I'm sure it's true of everybody here, it certainly was of me when I began.

We bring them from all walks of life and we nurture them on the way and then suddenly they find that they are part of a big happy and serene family. Is that not so?

Les: That's right, I think everybody would agree with that, wouldn't you? *(General agreement)*

I would like please to ask you if you would be prepared pleased for the rest of this meeting, to be taken over with some healing thoughts, for some people we feel would benefit from your help. Is that acceptable to you all this time?

Les: Would everybody agree with that? *(General agreement)* To devote the time to mental healing and that means for whoever you wish of course.

With your permission I would ask if each one would take a person who I shall name and ask them to give healing to them. Will you do that for me, as well as the people in your own hearts, that you feel require our own help?

Les: Certainly, yes of course we should be pleased to do that.

We were each given the name of someone in need of our healing thoughts and the reasons they were in need of a little help. For example, Les was told: ***I ask you my friend, if you could have your thoughts and love surrounding a young gentleman by the name of Raymond. I can only say to you that he had problems with his mind, when he was on this Earth and we feel that he would benefit from some thoughts from yourself.***

We worked quietly with those allotted to us, during the time available. There then followed a communication through Les:

I have been instructed to continue the work requested by my colleague. In order that those whose names have been given to you may benefit more fully from the power which can be brought for each, I wish you please for you to imagine your particular charge, to be standing in front of you. Address each please by name and tell each the purpose for which they have been brought into your presence. You will not be aware — they WILL be aware of the love and the light which radiates from each of you to them. I wish you could see it as they will see it — as my Raymond, at this moment standing in front of me, sees the light and the power of love coming from me to him. Please do this, because then the combined effect of the love and light, which will be available, can more easily be distributed, not only to each, but to ALL. And that, because of your own love to them, can enhance beyond your knowledge, the power that you are able to bring to them, for their recovery from each individual problem. Have I made myself clear to you in this matter? *(General agreement)* ***Thank you. then I will not encroach further upon your time. I will leave you to bring them to you by your thoughts, to stand before you, to feel your love, your lights can be seen and they will benefit more than you can imagine. God be with you my friends, thank you for the power that you can give to each of your charges. God be with you all.*** *(Pause)* ***Do not be afraid to talk to each mentally, so that with your help, they may discard the problem for which they have been brought here at this time. Please emphasise that their acceptance of your words, that they can now dispense with their physical problems. Tell them please if they would do that, it would give you great satisfaction to see them well and fit and healthy, as you would wish them to be. They will delight not only in their own recovery, but in the pleasure it will give you, as instigators of that recovery.***

We then continued in silence for the remainder of the time. Finally, a merry control came though Sue, to report back on the good work achieved, before we closed.

~13th July 1998~

Good evening. *(General welcomes)*

Before we continue this time, let me say this to you my dear friends: All of you have different lives, as the individual peoples that you are, but can I say this to you: That once you have gathered together within this room, you become as *one.* So I would ask you my dear friends, that if there is any discord, disharmony within your daily lives, can you please leave it behind you, before you enter this room?

Les: Everybody clear on that? *(General agreement)* Good.

I understand it is not always easy, but for the sake of our work together, it is imperative that you come with open and glad hearts.

Les: Thank you for telling us.

I would wish to welcome one of our wanderers, but of course as many do, they always return.

Jackie: Thank you.

Now for this time, I will take your questions.

Les: Right, it may be more of a debate than a question, but it all revolves around your teaching. A couple of days ago there was a terrible incident in the country we know as Ireland, where sectarian hatred has caused the death of three young boys. I began thinking about what you've said about the effect of our

actions returning to us and the need that we shall have to compensate for our actions, when we come over to you. When that person comes over and is shown his life pattern, it is surely not going to be sufficient for him to say, *I'm remorseful*. I imagine he'll in some way have to atone for that terrible deed. Is it possible for him or her to atone in the next world, or will he be compelled to come back to the physical world, in order to do that?

I understand your question.

Les: It has a lot of answers no doubt, but I'm sure you'll be able to help us on this.

I wish to return to words spoken to you previously: There is no compelling, there is no compulsion to return, unless that soul so chooses. That must always be the way, but of course there come into force other factors. The soul is made aware when he returns to our world, of all good, and I will not use the word *'evil,'* but *'wrong-doing'* that he has done, whilst upon this Earth. The soul will make the judgement, the soul will decide when awareness comes to it, what that judgement and that atonement must be; the soul is never compelled. After all, have I not told you that we cannot interfere?

Les: Yes you have, this is one of the things, which puzzled me.

Yes, this applies in our world also. He will be guided, he will be shown what is best, but always he is a free spirit in his thinking. Do you all understand these words, because they are important?

Les: So he would be able to choose his method of atonement?

He can make atonement within the spirit world.

Les: He can? ***(Of course.)*** I thought he might be able to, but I wanted to clarify that, because during rescue work, I've told many people who have suffered for what they did here, that they can continue to evolve, after they have made atonement in your world.

It always depends on the damage done to another soul. *(Yes.)* **After all, you are prejudging the damage done to another soul, when in fact you do not know what reaction that soul has.**

Les: No, this is where I got all bogged down in my thinking. I was going round and round in my mind, on all these aspects.

You are making the physical assumption that the wrong-doer has damaged seriously the soul of the other person.

Les: Yes I must admit I was thinking that.

Always look at these questions with spiritual eyes — they will become much clearer if you do so. *(Yes.)* **We know and we understand that the atrocities of your world lean hard upon your physical beings and thinking. But after all, are you not spirit here and now? Can you not make your spiritual judgements, rather than fearful ones?**

Les: Yes it comes back to what you have so many times said, we must think of ourselves as spiritual beings.

We know it is not easy, but I will always return to the power of your thought, to not making judgement upon another and always to be open to give love to *ALL*, even those whom you would term *'evil'* people.

Les: Yes you're right, that is difficult for us.

But you must attempt to give love to all people, after all the only way you will grow spiritually whilst in these bodies, is to be of service to another and my dear friends, that does not only mean giving love and good thoughts to people whom you like, but indeed the greatest joy comes from extending and giving of love to these souls who are in much more need. Can you see?

Les: Yes we do understand what you say, but of course as you've also said, it's extremely difficult for us ***(Yes.)*** to bridge that gap between the physical and the spiritual.

Yes, but you must never stop trying to make sense of it, otherwise your thinking would stagnate and then where can you go? After all, whilst you remain upon this Earth, truth can never reach, it cannot make lodgement in closed minds, remember this please. Have I answered your question?

Les: Yes, thank you. I said it might be a debate more than a question, because it did lead me to think about the many wars that have happened and undoubtedly will happen and how people have to atone for the killing they do. I think we can safely assume that in the conflict, some people abhor what they have to do — what they've been ordered to do and must do. Others are comparatively indifferent and others as I

understand from what I have read almost enjoy the killing. Surely the reaction upon those three different aspects of killing, must be different in each case?
Of course, you cannot make one sweeping statement about these things, there are many factors involved, as I have said. You must remember that the actions of each individual, is dependent on their own thinking; this must take priority in their actions towards another.
Les: How about a man who has been ordered into the army, ordered to kill and does so, knowing that if he didn't, he would probably be shot for disobedience?
It must be taken into account that that individual is governed by overriding authority, and of course that is different from the man who wishes to kill for pure pleasure and for his own upliftment — of course there is the difference. When each soul looks upon its life, it will instantaneously know whether those actions were for good or evil.
Les: So the degree of atonement they would have to be responsible for, would vary in the differing cases then?
You have to remember all souls are at different stages of their spiritual development, and their actions so follow. You have to look individually at all cases — you *cannot* say that all people who have killed or maimed another, have done so for all wrong reasons. How would you deal with the mother, who helps the child to die, from pure love? Is that not the same as the soldier in a position, when authority is bearing down upon him?
Les: Yes, so they would come within the same bracket ***(Yes.)*** and be given the same understanding of the reasons for which they did it?
Yes, you cannot put all actions under one heading.
Les: No, I didn't imagine it was possible to do that, but it's nice to have the confirmation. So atonement for apparent crimes here, is not necessarily obligatory in all cases?
No, you have to understand my dear friend, that the soul views the *whole* life, the whole life and not individual instances as such.
Les: No, there's a balance sheet, isn't there?
There has to be some balancing, to make sense of that life. We speak about difficult subjects because there is no one straight answer.
Les: No, I imagined you wouldn't be able to, there are so many answers aren't there? But you have clarified it a lot for me. I hope it's been clarified for others, has it here? *(General agreement)*
If you have questions about this, then let us sort them now.
Les: Anybody have a question?
Sallie: Only in so much that when you were talking about the atrocities in Ireland, it's possible I believe from what Salumet has told us, that those who were actually killed, it could have been part of their own pathway and plan — in so many ways it's not necessarily as things appear. Am I on the right sort of track there?
That is right, that is why I say to you: You cannot judge the reaction of the soul, who you think has been wronged. How are you to know? That is why you should not pass judgement on any other human being. You are quite correct in what you say. This I have taught you and I hope it is beginning to make some sense within your thinking. *(Thank you.)*
Les: Any other questions?
Jack: Yes, so basically you're saying that we are responsible for our own actions and that only basically — we only answer to ourselves? ***(Yes.)*** Yes, right — that would seem extremely logical, thank you.
You cannot when you return to our world, say I was *made* to do this, unless it is in the case of the soldier who has authority bearing down upon him. I do not take that case, but when you return to us, you cannot place blame upon another soul for your action. You are the *(take?)* **sole responsibility for all that you do.**
Jack: So would that be right to say then, that basically there isn't a right or wrong to anything, except the right and wrong you put on it? Your actions are judged by your conscience basically — whether they are

right or wrong that can't be judged, can it? You can't say if something you do is right or wrong, you can only say whether the intention of what you want to achieve is right or wrong?

You can only evaluate right or wrong by your own judgement.

Jack: Correct, that's what I thought.

I understand what you say, but that is physical thinking again. The spirit that you are, knows what is truly right and what is truly wrong. It is only when the awareness, the consciousness is raised, when the soul comes to our world, that the soul then recognises what it has done, you understand?

Jack: Right, I do yes.

Les: Any other question? *(Pause)* You said at the beginning Salumet that you asked us to leave behind any physical disturbances for the sake of the meeting. So I think I would be right in presuming then from what you have told us about the soul, that though we are apparently individuals, we are all in fact part of the soul, not only in this room, but effectively in the whole of Creation?

My dear friends, you are the blending together of the bigger blending of Creation. As individuals, you are individual souls. But your light of spirit when you meet in places such as these, become heightened and are attuned and joined to that very creative force to which we all belong. We need your lights to be harmonious, if the blending is to be successful. Of course each one of you are part of each other. I think you would find this difficult to accept at this time, but imagine yourselves as individual *beams of Light*, who are joining together to make one huge *beam of Light.*

Les: We could come back to your description of the diamond and the facets; the Creator is the diamond and we are just one, each individual of an infinite number of facets.

Yes, and I have told you that within each facet, lies many more — yes. Of course, we are all part of each other.

Les: And of course each facet is joined, isn't it?

Of course, but at the same time, can be individualised. My friends, this is a really deep matter to discuss, but I know that your thinking touches upon the very heart of Creation. And therefore I wish you to know, that each individual facet that you are can exist without another, but together you have the strength of all Creation. Do you understand?

Les: Yes, I think we understand that, don't we? *(General agreement)*

That is why I have said to you, that you must if you can, enter this room in the purest state that your minds can provide, in order that the blending here, is as pure as it possibly can be, in order that we on this side of life, can utilise you to the best of our abilities, in order that the work we hope to bring is enabled to be strengthened, and that we can go forward in our endeavours to teach you and to bring more from our side of life. It is no little task I assure you, but I know and I am sure that much can be achieved, but it is an important part of our work that each one of you begins to learn that *purification*, which is within you all and which can be brought to you.

Les: I'm beginning to have a vision if I can put it that way, of each of us being primarily an individual facet, but when we come together like this, each individual is merged into one complete facet, which mustn't be sullied by any impurity. And that facet — the amalgam of all individual facets here, that one facet in turn, becomes an amalgam of many other meetings like this, all ascribing to the same degree of development. Does that make sense to you? Everybody understand that? *(General agreement)* So if we think of this room as one comprehensive combined facet, which in turn is linking with others, in a way which we are quite unable to understand but which is happening, I think we might get a clearer idea of what Salumet is trying to tell us. Anybody have any questions on that, or any disagreement with it? *(Pause — no questions)* Thank you Salumet.

I hope it has given you more to think about my dear friends. Always as I have told you, there is never one clear answer, but as we move forward in our learning, each step should become clearer to you. That is why it is important that perhaps we retrace our steps in what has been spoken, in order that each time we speak, it becomes a little more clearer to you.

Les: It has to me. *(General agreement)* Any more questions on it? *(Pause)* No? Good.

How well informed you are becoming *(Chuckles)* **My heart goes to you all.** *(General thanks)* **Now let us speak a little more about *Truth*, and this we have spoken of on many occasions. And too often still, your thoughts reach me as to *why* you cannot reach out and touch another and tell them of what you know. I have said earlier this evening, that *Truth* cannot reach closed minds and that really is the basis of it all, that your understanding of another's development is such that you would not understand what that closed mind can accept. So I would say to you only this, my dear friends: Do not waste your time upon those with closed ears, because if they reject then they are not ready. Leave them with the *thought* and allow that *thought* to be digested slowly. I say again, if the seed is left, then the thinking of the soul is there to ripen — that is as much as you can do. So I say open your heart, give love to all those you come into contact with, but never try to force what you know as *truth* upon another person, because again I will say to you, if you do then you are on the boundary of interference.** *(General agreement)* **Now my dear friends, for this time I will leave you all with much love, with light for your lives, until we come together once again, I will leave you with much love.**

Les: Thank you very much for all your explanations again and for all your understanding you give us. God be with you.

~20th July 1998~

Salumet did not come through this time, but Eileen was still used, along with others who had not been used much before as mediums. It was therefore more of a development session. The first came through Eileen:

Hello. I'm pleased to be here.

Les: I gather our usual friend *(Salumet)* isn't going to be with us?

That is my instruction to you. Other instruments will be used I think. I'm being told to tell you just to follow your instincts this time.

Les: Right, we'll do that, thank you. That doesn't mean you're leaving us at once, does it?

No I will stay for some time. *(Thank you.)* ***I am only being used to bring this to you, that what you may have been expecting this time, is not about to happen. I'm not being told any reason for this, but only that I should come to tell you so.***

Les: Well thank you very much for coming.

I believe now that it is to bring awareness to more of the instruments with you, to try and encourage them in their work and to see what can be done with them.

Les: Good, it makes a change, doesn't it and I'm sure they'll be very happy to go along with that.

Now I will just withdraw for a little time, but I'm being told I will come back to speak with you.

Les: Thank you. In the meantime we'll see who else may be wanting to speak, shall we?

Yes please. *(Right.)*

The next communication came through Sue:

Les: Good evening to you.

My name is Herod. I am not here to talk to you, I am here as gatekeeper this time. *(Thank you.)* ***But I can say I am overwhelmed at being given the opportunity to come to a place I have heard so much about, as gatekeeper. I thank you and now I will stop talking and will continue with my job.***

Les: I'm very pleased you're so happy to be here and we all welcome you.

There then followed attempts to use mediums not usually used. There was then a short message through Sue, expressing their delight at being able to use Mary as a medium this time. The one through Eileen then returned:

I want to say how much I admire your patience.

Les: Mine? Well, after all these years, I should be. *(Chuckles)*

I am not making jest with you, I say these words to you most sincerely.

Les: Thank you very much indeed.

Because I don't know if you're aware, but I might be you could say, your 'equivalent' on our side of life.

Les: Ah, that's nice to know!

I don't know if you are aware of the work that we are involved in?

Les: Yes I believe it has many similarities to what we do here, except of course in a different perspective.

I have to say my heartfelt thanks to those novice communicators this evening, because I have spent much time with them and to see it come to fruition has made me glad.

Les: That's very nice to hear, I'm pleased too and are very grateful to the novices, for what they have done.

I have to admit to you, I have not always had your patience — let me assure you that even in this side of living, my patience is something to — how shall I say — to be improved upon.

Les: Well, mine is too!

So you see how happy I feel that those I have helped to communicate this time — it has helped me greatly and in watching you at your work, from this side of life, also has shown me something too.

Les: That's nice to hear and I am very pleased. When I do it, I'm always very happy when somebody new begins to speak through an instrument.

I would like just to say one thing now that I have found my voice. I would like to say to the other lady, it is time now for you to begin.

Les: That's you Mary.

No, the one you call Sallie, is now ready to be used, but her mind is a little active at times. Now, be thankful that you are here, with this very good gentleman, because I don't know if I could have the same patience. *(Laughter)* ***But, my very dear ones, she is ready now.***

Les: Thank you for letting me know.

So next time the opportunity is given to you all, let me say, perhaps you will see that she is being used.

Les: Ooh! We'll be after her! *(Laughter)*

We have been after her for some time! *(More laughter)* ***But she will not contribute to the work, yet.***

Les: No, we must see for your sake, as well as ours, that she does not get away. ***(Yes.)*** We'll do that.

I have been whispering my name to her, but she has not been aware, so far.

Les: Oh, well perhaps she will now be more open to your whispering. Do it when she's asleep tonight, will you?

Ah — I may not have the patience this evening; I do think I've worked hard enough for one time. *(laughter)* ***I'll not be brow-beaten — no — yes, but I hope you have not been disappointed, because I'm now being told that you look forward to someone who comes to you each time. I am not aware of the person, but I am just being told this.***

Les: Well, we'll look forward to it next time, thank you very much. But we're very grateful for you for having been here tonight and if we all say a little prayer, that you should be helped in your attempt at more patience, you wouldn't object, would you?

I will be grateful for all that comes my way. *(Chuckles)*

Les: Right, well can you give us a name that we can remember you by? It needn't necessarily be your own name, but something we can include in our prayers for you.

Well how kind you are and you can know me by the name of Marianne.

Les: Thank you Marianne. We shall all think of you tonight, before we go to sleep

Well, with all those blessings and thoughts, I should be hopping everywhere, won't I? *(Laughter)*

Les: I hope it'll be helpful to you anyway.

You have been an inspiration to me sir and I feel that I owe you those words.

Les: Thank you it's nice to have you and I'm very pleased to work with you.

I know sometimes no matter how well you wish to work, sometimes a little gratitude goes a long way.

Les: True, it does; it's nice to have a pat on the back, yes.

Y***es, I like one, so why shouldn't you?***

Les: Yes thank you very much; well you've got one.

Well, it has been my pleasure to join you and I will leave you now and thank you again for your kind thoughts.

Les: You know you're always welcome to come and visit if you wish Marianne.

Thank you I may well do that at some future stage, but I am quite fully occupied with so many who need to be taught to communicate. I think sometimes, people here assume communication happens just like that — it is not always the way.

Les: No, it depends on the individual, their desire to do it, ability to do it, their spiritual development — there are so many factors, aren't there?

Yes and they need to be helped and shown the best way of using the instruments available, and it is the work of our dear gatekeepers, to keep them in line. I am only thankful that I have not chosen that task.

Les: No it's a difficult job, isn't it?

Perhaps when I have reached a few more steps upwards, perhaps I will offer myself, but until then I will leave it safely in their hands.

We then said our goodbyes and closed as usual.

~27th July 1998~

Good evening. *(General greetings)*

Les: Good evening and thank you for being with us.

I thank you for your welcome once more. I wish to bring to you all much love and to give to each one of you, power to your thinking. *(Thank you.)* **We have spoken on many things, my dear friends.**

Les: Yes, we certainly have.

And I would like to say to you this time that many thoughts are coming to us, about the existence of your planet Earth. I will repeat to you once more, that mankind has unreasonable thoughts, of his own power to destroy. I say to you once more: Mankind does not have this kind of power. He *can* destroy much, but he *cannot* extinguish the energy given to this planet, by the *Great Creative Force* that each one of you knows as *God*, or the *Great Creative Force.* *Man will not destroy this planet.* This is what I wish to reiterate to you once more, my dear friends.

Les: Thank you very much, that's comforting. I never thought for a minute that he would be able to. Mankind might superficially damage the surface of the planet, and perhaps to some degree, beneath the surface, but he would never be able to destroy it completely.

He has put too much into his thinking, that mankind is now all-powerful. Let me tell you, mankind still knows very little.

Les: Oh absolutely, I would agree with that completely. And unfortunately we don't always know the responsibilities we are creating for ourselves. We mess about with nature and physical forces.

I believe my dear friend, that by now those of you present here, know and understand that mankind has much to learn. *(General agreement)* **But those of you in your world, who are able to acknowledge and try to understand the teachings of those from our world, will *know* that much can be done to help mankind in the right direction, in order that this planet follows it's true evolutionary path.**

Les: I'm sure we can be helped enormously.

But we have spoken about these matters before, but because of the many thoughts coming to us from your Earth, I wanted you my dear friends, to know that my words do not alter; *(Thank you.)* **what I have told you, still stands. If you so desire this time, I think it might be good that we have questions on any subject that I have brought to you and that perhaps you still have some thinking about, or doubts in your own minds. I would like to dedicate this time to answering your questions.**

Les: Thank you. Sallie, if I might start with you. Is there anything you were thinking in your period of meditation in Wales just recently? Did you find anything in that time, which associated with what you have been taught here?

Sallie: I found everything that I discovered while I was away, was very compatible with what I've been taught here. It is not necessarily identical, but I believe it all leads towards the same point and in some ways it enriches the teachings here, because everything I pick up and read or spoke about, all came back to

this point, in what we learn here. So do I have any questions on it? None which are in my head at the moment, though thank you for asking.

Les: Right, anybody else have any questions?

Lilian: There is one — it's about thought and animals. Those of us who've had dogs or cats or whatever, ***(Yes.)*** you say they understand us, but is that their picking up our thoughts, more than what we actually speak to them?

I have said that what keeps your animals close to you, is a *love bond*, which is expressed in what you call your *auric light.* This is what your animals who have gone before you, blend with — not so much the spoken word turned into thought-form, but the natural love energy, which already exists.

Lilian: I see, thank you.

All energy is *pure love* — this applies not only to your animals, but to mankind generally. There will be no *break,* no undoing of a bond, whilst there remains a true love-bond. It is one form of energy, which is so strong, that nothing can separate it. Is that helpful to you?

Lilian: Yes, thank you.

Yes, remember again, think of yourself in the spiritual form, and you will blend with those who have gone before you. Do not think of the *physical* thinking so much as the *spiritual thought* — the all-knowing thought of spirit — there is a great difference. Are you clear? *(Yes.)* **Do you need more help?**

Lilian: No that's fine thank you.

Les: Right, I'll come in with a question then: You have told us Salumet, when we have spoken about *crop circles*, you did say that so-called 'aliens,' were amongst us at this time, though we weren't aware of it. Recently I was listening to a discussion and it was said that in the county of Wiltshire, which is quite close to here, there had been discovered another 20 examples of these crop patterns. But of course there is still no specific understanding that we can have of them. Is this proliferation of them, an indication that our friends from outside of this world, are proposing to visit us in more numbers? Or is this an indication that they are going to do so?

Let me say this to you: Your world is changing. Those beings from other times, other energies, other planets who sustain more knowledge than yourselves — of course they have the opportunity to travel in this *space* area, many, many times. But at this present time in your Earth's history, the intention of these beings is that more contact be made. As each of your years pass, more and more communication will take place, but because of mankind's natural inhibitions and fear, this must be done at a slow, slow rate. Beings from other times have shown themselves upon this planet, but in the main, as in most things not fully understood by humankind, it is being ridiculed. The time is coming, when human beings must accept that they are not the sole forms of life within the cosmos. They will accept, they will begin to understand and they will lose all fear of foreign beings; although using the word, *'alien'* or *'foreign,'* is not useful to you — better that you say *'brother.'* Their form may be slightly different, but the energy within, is the same energy of which you exist, but to a much faster degree of evolution, on their part.

Les: I see. What has surprised me is that they have not so far, given us any intelligible understanding of them. I should imagine that they are sufficiently wise to know our language and to be able to speak it, or write it, if they wish?

Let me say to you, my dear friend: That is not always the case. They may have more advancement in their travel, but you are an entirely new world to them. Would you go to another planet and expect them to understand, or would you understand their language automatically?

Les: No, we would probably understand their thoughts, I should think, if we are sufficiently developed spiritually.

Yes, now we begin to have an inkling of what this is about. Contact being made, is on a *higher* form of energy, therefore they are expecting mankind to retaliate in the same way, although they know them to be, how shall we say, *'lesser'* beings in their development. Of course, humankind cannot respond, because they do not have their knowledge. They have left many *'pictures,'* I believe you would say, in the form of their writings in the fields, *(Yes, they have.)* **but it is mankind's downfall, that they do not**

understand these forms. It will come, there is already amongst many of you, an understanding of what is being done. It is being used in many forms, as the ancient civilisations in your world, used to use drawings, in ways of pictures, in order for others to understand.

Les: Yes, they could use sign language or picture language, but they haven't apparently, tried to do that to enlighten us. I would have thought it would be possible for them somehow, to have left a picture of themselves, as they are now, if they can achieve those crop circles?

My friend, they have shown themselves to mankind; they have shown themselves as they truly are. Not only is it in the crop circles and other phenomenon, but they have shown themselves to man, to those people who they hope, will understand and pass on the truth, to the rest of mankind. Do you not know my dear friends, that many in governments in your world, have witnessed for themselves, what you call *'aliens'* — and I do not like that word, I would prefer for you to call them *brothers.* They have witnessed for themselves many of these beings, but because of their fear for mankind, because of their lack of understanding, much has been kept quiet. Do not assume that only corn circles are the only form of communication.

Les: No, that's all we've *heard* about.

Yes, that is not all.

Les: That's interesting.

I think I would say, that in many areas of this planet, there are more of these showings, of these crop circles, because of the entry of the spacecraft, in the same way that your antiquated aircraft need pathways of flight, so too do the spacecrafts. It is assumed that these crafts can lift and fly and go in any direction they wish, but I can tell you, they *have to* follow the airways of travel. That is why there is an abundance of these happenings in certain areas. The *time* and the *place* is most important and certain times of your days and nights, in order for them to enter this planet.

Les: I see, that's something that none of us knew.

They also have to abide by the cosmic energies, which are available to them.

Les: So, they follow specific energy lines then?

Of course, otherwise at such speed they could create much damage within your spheres.

Les: Yes, well that's certainly something new for us.

But I assure you my dear friends, communication *has* taken place. Much has been shown to all governments within your world and much is being *denied.* But the time will come, and I will not say that it will happen in 100 of your years, 200 of your years, but it is a gradual introduction of new beings. As your world has become a smaller place in knowing each other, so too the time will come when interchanging of beings from other planets can take place.

Les: That's a very, very interesting thing to look forward to, because we shall be looking at it from your world. But I wish one of our brothers, would show himself to me! *(Laughter)*

Well, what is wrong with your thought? Have I not taught you that anything can be achieved, with the power of your thinking?

Les: I'll have to start thinking then — hopefully. I have been mentally exercising for my own health and I must admit, I think it's working.

I will stress to you all once more, at risk of being tedious and repetitive, that it is the most powerful thing you possess. Use it wisely — we have discussed this also, use it wisely and there is nothing you cannot achieve. But be sure that that powerful thought, is all that you truly desire and is for good reason.

Les: Yes, well mine is still that I might be of benefit to other people, before I come home to you.

That is the way of your thinking, that is why you can see results; if your thinking is good, then the thought is reality.

Les: Thank you for all that information. Now, something else which has reminded me of what you told us when you have spoken about judging people. Recently, there have been two physical deaths. One was of a financier, who had very doubtful antecedents and was regarded as something of a rogue, in the way he used to make money. The other one which is not publicly known is a man who had spent many, many

years promoting spiritual healing and spiritual awareness generally. Of course, both have gone over to you and I began to try and wonder how they are going to react to the conditions that they are going to find. And of course being physical, I was crediting the spiritual chap, with a very, very happy beginning and the other one, with a not so happy beginning, until I remembered what you'd said about not judging, because we cannot know the reasons for which they decided to take that particular physical life this time.

You are correct — judge not any other man, because you do not know the reason behind their living, or why such things occur in their lives. You must not look at another human being and decide that one is better than another, for you do not know, you do not see the full expanse of their lives. And remember, when you speak of the events of one lifetime, you are speaking only of one iota of energy, of that part of the whole. So, who is to say that the one you would deem *'irresponsible,'* and not so *'good,'* is not the brighter diamond of the two?

Les: Yes, this is what came to me. I thought, well, I can't say, he might well be —

You cannot take a part of the whole and make judgement upon the whole. This is the problem, that when you judge man as you know mankind, you are judging only that one part of the whole. You do not know how the whole *shines,* or what the whole has achieved in past time. So you are wrong to make judgement; never pass judgement, and have I not told you my dear friend, that what you find distasteful in another, is a fault within yourself?

Sallie: Excuse me — I feel it's right — I know we're not passing judgement as such, but when you are with a person, or with people — I suppose it is passing a judgement, when you see the good in them? It's still a judgement, isn't it? But you're actually seeing —

I would say to you, my dear friend, it is not a feeling of judgement, but in seeing *good,* there is a *'knowing.'* There is the *knowing* of the goodness of another, without *judgement.* Do you understand?

Sallie: Yes, that makes sense.

In the way that we have spoken of like being attracted to like, and in the way that opposites are attracted; it is the *spiritual* search for what they do not have. So, if you find fault in another, look inward to your own thinking. I hope this is a lesson that each one of you has thought much about, because in doing so you will come to a fuller and greater understanding of yourself.

Les: Yes, it occurred to me, after I had been thinking about these two *deaths*, that what we are here trying to do is to understand a complete book, by only reading one chapter.

Yes, that is a good analogy, that is most apt and perhaps more understandable to all of you, if you look at it that way. I believe you have a saying in your world, *'Do not judge a book by its cover.'* So, that too should apply to human beings. You cannot know the full story. Has that helped your understanding? *(General agreement)*

Les: Yes, it has me and I hope it has everybody else. Well, I think I've taken up enough time with my questions, any other questions from anybody?

George: Could I just go back to the crop circle question? A number of the crop circle diagrams, are diagrams from our past culture, going back thousands of years. ***(Yes.)*** So, our friends from space, they would seem to have a considerable knowledge of our culture and thinking, over long periods of time.

Is that not a good way of showing that they have knowledge of your people on Earth, that they have superior knowledge, of what has happened in your lives? *(General agreement)* **It is only a beginning.**

George: Yes, I was wondering about those past diagrams and it's another little surprise for me, that it's from their knowledge of us, and not some other more direct interaction.

I think what I have to say to you is this: That because of the great difference in their appearance, they tend to hold back, because mankind has not reached the state of acceptance of *all* life. Mankind on this Earth, has many unsubstantiated fears — he fears himself, most of all. So, how do you suppose he would react to the seeing of another being who does not conform to his way of thinking of human beings?

George: Yes, I can understand and accept the problem of our very different ways of thinking ***(Yes.)*** and difference of advancement.

Slowly it will come — do not doubt it is happening, do not be waylaid by those in authority, who try to push these things under carpets. There is more to energy, than this planet, your humankind — we are

speaking of many galaxies, of a cosmos reach in life in many forms, but which all ultimately belong to a source of energy, which is creative in many forms and to which we all belong. Again, do not pass judgement, but allow your minds to remain open and loving, to all who enter your world, with love. As in mankind, there are many degrees of *good* and *bad.* So also there exists in other forms of energy, *good* and *bad*. Remember this well, because my friends not only is this planet open to the good and decent forms of life energy, but it lays it's pathway open, for those who also have not good intentions, *(Voice begins to fade, as if communicating from a great distance)* **but this I will not discuss with you this time. But keep an open heart and mind. Remember my words well, know that many are here already in communication, many who wish to offer help where they can, who can and will adapt to your ways of communication, in order that their task and help be made known more widely and that the governments of your world, will accept them readily, because not only do they bring higher awareness to you, but they can bring to this planet, much knowledge and good. If only you will accept them, as brothers and not as some strange creatures to be ignored.**

Les: Thank you, I'm sure all here would be happy to do that. *(General agreement)* Perhaps we might even get an opportunity?

If your heart is open my friends, you can find much. You can attract to you, all that you wish, provided there is love in your hearts. I will this time my dear friends, take my leave of you. I thank you for your questions this time. I am happy to be part of your learning, happy that you allow me and those from my world, to enter your lives for this short period of time. Without your love and trust, it would not be possible for me to sit among you, to feel that unselfish love which you exude towards me. For this my dear friends, I offer myself to you, that I may be of help to each one of you, in times of need. Until we come together once again, *may all that is good stay with you all.*

Les: Thank you very much indeed once more, for all your teaching and your love. God be with you always.

Then a communicator came through Eileen, called Andy. He had a message about a pig, which none of us could take, but it was amusing anyway, helping to lighten to mood in the room, before we closed.

~3rd August 1998~

No new teachings this time, as Salumet wanted to speak individually with each sitter, but these sessions may be of interest/applicable to you too:

Good evening. *(General welcomes)*

I wish to say to you this time dear friend that you are a little tired, but we will draw close to you. *(Thank you.)* **Because we are fewer in numbers this time, I do not wish to embark upon any new teaching this time, but rather perhaps we all can consider what each one has come to know of themselves, since first I came to you.**

Les: Certainly.

Each one of you is on their own pathway of development, but now I do feel the time has come for each one to analyse himself or herself spiritually, in order that we may move forward and grow together more closely.

Les: Yes I understand. Would you like everybody to give you their individual conception of how much they have improved, since we began?

I would wish that and in doing so, if they have questions for me, then we will use this opportunity this time, to help them on their way.

Les: Thank you very much indeed. Shall we start with you Sallie?

Sallie: Well I think the last time we spoke on this subject, Salumet was saying that I had grown more in understanding more about myself and I think since that point, I've gone through various lessons of my own making perhaps and probably the one I'm in the middle of at the moment, is letting go of attachments. That's my understanding of what's going on at the moment, with me on a spiritual and physical level.

You find that you cannot separate spiritual attachments from physical attachments. Is this what you are telling me? *(Pause)* **Yes.**

Sallie: Yes.
Do you begin to recognise that you — the spiritual you, has *power* over the physical thinking, if you so desire?
Sallie: Yes I know and feel that spiritually I can affect my physical environment.
Therefore your life's pattern is beginning to take shape. You still stumble my dear friend, over many things physically, which you should by now be able to place to one side. I hope that you can see that your *spiritual self* — and this is all important, that the *spiritual self* must grow. What do you feel you have achieved within this lifetime?
Sallie: I have achieved I suppose, what I wanted to.
No, you have not. If you had achieved what you had intended, you would not be sitting here. Can you see this? Can all of you understand? *(General agreement)* **Only when you fully understand yourself, only when your lifetime's task is completed can you say, *I have achieved what I intended to.***
Sallie: I understand what you're saying, I probably didn't explain myself. What I meant was, I have probably only achieved up till now, what I've wanted to achieve. I don't mean I've finished achieving — I don't mean that at all, far from it.
In that understanding then I say to you my dear friend, continue. Give some of your daily living, in knowing that spiritual all-important aspect, that is the true you. Each one of you at this time in your living, must give some time to spiritual growth, *conscious* spiritual growth. Of course you grow *unconsciously* shall we say, each day of your living, but now we would wish that you devote some time to *conscious growth*. Do you understand the difference? *(Pause)* **No?**
Les: It could be called a sort of meditation Sallie, when you're consciously trying to develop. ***(Yes.)*** You understand Sallie?
Sallie: I'm not sure what the unconscious growth is though?
Les: That is your spiritual self.
That is working without conscious effort. The generosity, the smile, the helping hand, that are all spiritual attributes that are done spontaneously, without conscious effort. That is spiritual growth. Do you understand? *(Yes.)*
Les: It might make it clearer Sallie, if you were to go back to what Salumet has told us some time ago, about the dual responsibility that the physical has for the spiritual, and what the spiritual has for the physical; you may remember that talk. Each has responsibility for the other.
Whilst you are in these human forms, spirit must use these physical bodies. But in order for the spirit to grow, it is necessary that you to live your lives to the full, that you accomplish all that you came to do. Most of the time, that spiritual growth is an unconscious effort, but when you reach the time of development which each one of you has now, the time is ripe the their conscious spiritual growth to take place. Do you understand what I say?
Les: Perhaps I can add to that Salumet, if you permit?
Yes please.
Les: Thank you. What I've found to be very effective and I've done it for quite a time now: Once we were taken through their land *(spirit realm)* and I saw a coloured waterfall, and I was told it was not a waterfall, it was energy in the form of a waterfall. Since then — to capture what Salumet says about *conscious* spiritual development, I sit every morning, not attempting to meditate, but I walk into that waterfall and *will* myself to absorb the spiritual energy, which is there to be taken. That is a *conscious* effort to develop the spiritual awareness. Is that clear? *(Yes.)* I think you might find it advantageous perhaps, to do the same thing. I have found it worked. Right, Mary?
Mary: I think that I have began to understand that I'm responsible for myself, for my past self, for my present self and I will be responsible in the future. I try daily to put effort into what I do, to try and give out something of myself to the people around me. I don't know how well I'm doing that, but it is a conscious thing that I'm doing. And at night I quietly try to go over my day and see what I've done that I'm pleased with and to examine the things that I'm not so happy with. I don't know if I'm growing, I —

Let me say this to you all, before we continue: I have told you I hope often, how much each one of you has grown. Your spiritual lights are bright, they change of course they do, but each one of you has grown much, since we met first. Do not doubt, you could not be sitting here as you do and not grow spiritually; please my dear friends be clear about this. What I am asking you this time, is to recognise your own awareness of your growth. Never doubt that spiritually each one of you has grown much. I am sure if you looked around at one another, each one could give you something of the other, in the way of change, in the way of recognition of the others, which they have noticed since first we came together. Remember also, that this coming together of all of you is not the first time. Remember also that this lifetime brings you the opportunity to expand in one aspect only of the whole self. So *YES* my dear friend, you have grown much, do not doubt this, and what you are doing I can assure you, is the way forward in your own spiritual growth.

Mary: Thank you. May I ask a question?

Of course you may.

Mary: I'm one of the newer ones to this group —

But that does not matter. Who are you to say how old or new you are in spirit?

Mary: I just wondered if I had a connection with this group previously?

All of you have come together, not always in the one lifetime, although most of you have, as I have told you previously. But there has to be the connection in past times. Did I not say, and perhaps this lady was not present — I told you all that I have waited a long time for the right conditions to come to be.

Les: Yes you did tell us that in the early days.

That many would come and go, which our dear friend can verify for you over the years, and who has shown great patience in waiting for many things to happen. But I'm sure also, he will tell you that perhaps one of his own life lessons, is perhaps to have a little more patience.

Les: I think that's right. All right Mary?

Mary: Yes fine thank you.

Les: Jackie, I know you haven't been back long, but do you have a question you'd like to ask?

Jackie: Well, not really a question. I feel that people come to me, so I feel that I'm probably quite good at talking to people. Friends come with their problems, but I think it's difficult to say, because your private lives do interfere. We all have our problems and we all can't help think about them, whether we are on the right paths — I'm sure we all think that, don't we? *(General agreement)* We've all got so many personal problems in life.

Sandra: Yeah I don't understand why all of us have had such a hard life really, with personal problems.

Jackie: To make us better people, I know I'm a much better person now.

Well, have you not answered your own question?

Sandra: If we didn't have the problems, we could work better, more spiritually?

Why would you need to be here, if you had nothing to work upon?

Jackie: So you think we all come here, because we all have our problems in life?

I do not think, I *know* that each one of you has chosen your life, in order that you may work through *many* problems. There I hear you say, *'why do some peoples have such sweet lives, while others have many difficulties?'* Again, I will repeat, who are you to be the judge?

Jackie: No I'm not saying I'd like a simpler life, what I'm saying is that I've changed a lot and I think for the better. ***(Yes.)***

Jackie: I don't know, perhaps I feel it should be a rewarding time perhaps, it would be nice if something went well for a while.

Sandra: It's difficult to explain — a pat on the back or something, perhaps that's humans, isn't it?

Yes it is a human failing. Why should you receive gratification for what you have chosen in your own lives?

Jackie: So we choose all our problems?

Not necessarily, but the power of your thinking can alter your life's pathways.

Jackie: But we have paths, don't we? And these problems must be on the paths, mustn't they, to make us better people?

You have chosen obstacles in certain areas of your lives perhaps, in order that you grow spiritually. That is the important area, not that physical living can be free of worries, or that physical living can be easy. After all, if life was too easy, what would be its purpose? *(General agreement)*

Sandra? I know there're people who are a lot worse off.

May I suggest to you my dear friend, *(Yes.)* **the best way forward spiritually, is not to allow your thinking to dwell upon the self.**

Sandra? And the *past* as well, isn't it both?

May I suggest to each one of you, that the ego, the physical self, must be placed where it is best dealt with, and that is *far* from your thinking. Is this clear to you all? *(General agreement)*

Mary: In the last two weeks, there have been various things coming up in my life, that seem to — I'm going through them, but I have a very strong sense that I'm not going through them alone, that there's somebody there guarding me, because some of the things — it seems that things are resolving themselves, almost with my faith that they're going to be resolved. But I'm always aware that there's somebody near me, you know that there's a spirit that's close to me helping.

All of you do not stand alone. Surely you know and understand this from the beginning?

Mary: I think I've always known this, but it just seems so strong right now.

Because your own spiritual self is allowing positive energy to exude from you, so those who stand close by can blend with you more easily — that is why. When you retain negativity in your lives, do you not see that you create barriers to those of us in our world? That it becomes more difficult to help you and remember dear friends, our desire is to help you, to uplift you and to guide you. *You are never alone.*

Sallie: I'll tell you what I've noticed with regard to *help*, is that when I think that I've done everything I can in a situation and then somehow I've found some energy or some spirit to make me do a bit more and it seems that nothing I do is effective; suddenly it seems like I have a *magic friend* and I get given a huge chunk of something, which is much more than I could ever have imagined. It doesn't happen that often, but when it does it's quite amazing.

Yes, that is because you are allowing yourselves to be open to our help — you offer yourselves to us for help. If what you desire is for the good, is for your spiritual growth, there are many who will be by your side. Do you all understand this? *(General agreement)*

Jackie: Yes because when I first came here on a Friday Les for a coffee, and Les said that so many people were trying to help me, but I wouldn't let go of the past and they couldn't get through.

Yes, you create that barrier.

Jackie: Yes, you're not aware that you're doing it —

But that is where conscious spiritual growth must help, that is what I would like you to try to achieve at this point in your developments. If you will only open up to us in our world, your lives could be much more simple, because no matter what troubles or what problems come to you — and I do not say your lives would be trouble-free, but I do say this to you my dear friends, that your lives would be easier, because spiritually you are stronger. That is the difference.

Les: Sandra?

Sandra: No, I know what I've got to do Les, I've got to give a bit of time to relax.

You must give more time.

Sandra: It's just that I run around too much, I know it's what I've got to do.

All through life, too often in your lives, excuses can be made. *(General agreement + chuckles)* **You have the free will to alter this.**

Les: You could find time for what I told Sallie I do.

Jackie: Yes I'm going to do that.

Les: Right, Sandra?

Sandra: I just said that I'm going to make some time to try and relax and develop that way.

Les: That's all you want to say is it? *(Yes.)* Fine, well if you do the same thing — think of the waterfall as energy and consciously walk under it and absorb it and you'll be astonished at the reaction you get.
Sandra: Right, I'll have to, yes.
Les: Paul?
Paul: Yes I think generally that's one of the things for me as well, to spend more time relaxing.
But how do you feel you have changed? How have you grown spiritually since we first came together? What is your understanding of yourself? You do not look deeply enough, you must question and find the true spiritual pathway that you are treading. Look deeply my friend, to find that true self and the recognition will be shown to you; it will be shown to you in a way that you had not imagined.
Paul: I was wondering about — to eliminate the distractions, I had the thought of doing a *vision quest* or something, for three days, getting completely away?
I would say only this to you: I will help each one of you when I can, but you must each one of you, find your own individual way, your own pathway, that which you find easy to adapt to. So if you feel that is what you must do, then *follow* that instinct, or can I say not instinct, but *inspiration.* You do not always *FEEL* what we try to give to you my dear friend. I will help you.
Paul: Thank you.
Les: George?
George: I feel bigger than this physical frame. I've increased in knowledge, I've increased in awareness. These qualities seem to run side by side, with a deeper love — compassion and humility also come into the equation. I feel a more sensitive being, I think that's how I feel I've changed over the last four years.
Yes my dear friend. That your words are knowledgeable, because you see, those of you who seek the more spiritual way of life, do become more *sensitive.* Your words please me, it shows that you recognise the changes within you. That the spiritual aspect of yourself comes forward more often than it did. So I say to you my dear friend, ponder upon your own words and consciously act upon them, in order that that growth may continue and that you become a useful member of this group here together now.
George: Yes I think I probably need also to find more quiet time.
Yes, all of you must give more *conscious* effort. These words I speak to you this time, do not put them aside when you leave this room. It is important for each one of you, that that spiritual growth, that conscious effort now be made, at *this time* in your development. Please work towards it, you can only be better for it and not only will you grow, but all those you come into contact with, will be aware of that spiritual glow, which you will exude.
Les: Margaret?
Margaret: Well, I can only say that since I've been coming here I've been a happier person. I understand other people's problems and my own problems. I can't tell you how happy I am in my life, because I am happy. Whether that's good or bad I don't know, but I feel contented with my life. I think I could be a better person, but I just don't know how to do it at the moment.
Can I say this to you, my dear friends: Of all the people within this room, including our absent friends, you are the one who has grown the most. I do not say those words lightly and in saying them, I do not mean you are the most spiritually evolved, but you are the one who has taken the furthest steps in your growth. *(Thank you.)* **Know that in your time to come, you will continue to feel and to know the goodness that surrounds you and the many who come close to you to help you.**
Margaret: Thank you very much.
Les: Right well now me I suppose: Well in my lifetime I've had to learn a great many things that I'd never have even *conceived* of learning. But I know it has helped me in many, many ways to do the work I do with you and others. And I've had to learn the patience as Salumet has said, because I know in my youth, I was one of the most intolerant of the intolerant. *(Chuckles)* You don't have to agree — *(Laughter)* At 20 I knew far more than I did at 40. *(Laughter)* That's often the case, but I'm grateful for having had the lessons, because it's enabled me to give a great deal to other people. But what has surprised me is in how the last couple of years, the proximity of our friends in the next world has grown. And as Mary said, she feels there is somebody with her; I don't FEEL that, I'm *AWARE* of it constantly and I have remarkable instances of this

being so. It may sound conceited — don't think that, I merely give the facts — some of you may have seen it happen, that often when I'm saying something that I want to confirm, I'm taken over instantly. *(General agreement — many had witnessed Les begin a conversation in his own voice, and finish it using another's voice while channelling the words.)* That has happened to a greater degree, in that when I was talking to my son last week — they came down in their caravan and stayed at a local site, and we had a lovely week together — He had a problem, somebody came in and helped him to put that right and that hadn't happened before. Then my daughter phoned from Canada and thanked me for some tapes I'd sent and instantly someone was with me, answering her on the telephone. Now that's never happened before, but I'd emphasise this to Mary, that she's not wrong, neither is Sallie wrong, in thinking that the help is *there.* What *is* wrong, is that we don't, as Salumet says, open our spiritual selves and in fact our physical awareness, enough for them to get that close. So I'm very, very glad and grateful that I've had the opportunity in helping YOU, in your development, to enhance my own development to that extent and for that I'm very grateful to you all.

Thank you, and with those words, I wish to say only this to you, my dear friends: Each one of you interacts with each other. You are united within this room, but when our meeting time is over, you should take with you that love, that knowledge, that spiritual upliftment, which you feel in this short time together. And you should allow all peoples that you come into contact with, to share that pure spiritual love, because my dear friend, as you grow in spiritual knowledge, so you become the pure energy of love. And do you remember what I have told you about love, not the physical emotion of love, but the *spiritual* aspect of love? Take it with you, let it *shine forth* to all who cross your pathway. Remember no meetings are by chance, each meeting has a purpose and if that spiritual light which shines from you all can be utilised by another, then indeed my friends, you are achieving that which you came to this lifetime to do. In helping just *one* person, *one* person, with love in your hearts, with unselfishness and no thought for self, then you are beginning to achieve *true spiritual worth.* May I leave you this time, knowing that each one of you is surrounded and bathed in spiritual love from all in our world, who desire to help, not only those who are known to you, but to helpers who have devoted their time in trying to help all people on this planet, who desire to be helped. I know that you will ponder this night, upon each other's words and know my dear friends that as always, I will be with each one of you.

Les: Thank you very much for all your wisdom and your love. Our love goes with you and God bless you.

One immediately followed through Eileen:

Good evening. I will not detain you too long. I come to ask you that you join me in giving thanks for all that we have.

Les: I'm sure we'll be very pleased to.

For each one of you, I ask that you are all-seeing, that you gain the wisdom of silence, to know and to understand how precious your words can be, to ask that love in your hearts be magnified, until it is overflowing …(?) I ask for each one of you to know and to bestow kindliness towards another in your daily lives. I ask finally, that each one of you be shown your own special pathways, that when you come to us, your colours are bright. I thank you all for your patience with me and thank you all for the opportunity to join with you.

Les: Thank you for doing so and God bless you.

This was the end of the tape. However one other did come through Les during our tea and biscuits, while talking about reincarnation. The communicator touched on the main points regarding reincarnation, reminding us how it all depends on our spiritual progression, which Salumet has explained on previous occasions.

~17th August 1998~

Eileen was not with us, so no Salumet this time. There were other interesting communications, the first of which came through Sue:

I thank you so much for your kind welcome and the words, which you have spoken to me.

Les: It's very nice to have you with us.

I am a little concerned at the moment, because my surroundings do not feel quite comfortable.

Les: Is there anything I can do to make them better for you? Is the light too much?

No your room and your conditions are not at the root of the problem, they stem from my side of the curtain. But I feel that I can continue without too much discomfort.

Les: Good, I'm glad to hear that thank you.

Before I say who I am, I wish to be made perfectly plain, that I will answer no personal questions, in relation to my life when I was on the Earth.

Les: That's understood.

I hope you do not consider me to be impolite in requesting this?

Les: No not in the least.

But when I tell you the name I was known by, I hope you will understand my reasons.

Les: Yes, that's quite okay.

It is not because I am ashamed of my life, or because I do not wish to tell you,

Les: But you don't want all those memories resurrected?

Yes and there will come a time when the history of my family will be told to you, but it will not be from my lips.

Les: I see — yes we're quite happy with that.

I have been permitted to come to you, as shall we say a stepping stone in the process of my family's story. It will — how would you say, 'sharpen the appetite' for more information and I can assure you that it will come.

Les: Thank you very much.

If you would be kind enough to be interested in a little of my life on this side, then I will be happy to tell you a little of it, but I do not wish to outstay my welcome, or to bore you will my little insignificant life.

Les: I don't think we would be bored and I don't think you would outstay your welcome, and I think we would all be interested, would we not? *(General agreement)*

I will say to you that since I have been on this side of life, I have learnt a great lesson in humility, but I cannot change my carriage, or the way I sit or stand or move around. But I have learned humility and that surely is one of the greatest lessons mankind could possibly learn.

Les: You're quite right, so few of us do learn it.

I came to the new life very full of self-importance, very sure that people, many people, were way, way beneath me on the ladder. Can you understand this?

Les: Well that's how you were brought up, wasn't it?

Indeed, and that possibly was the undoing of my family, but that is enough of that. It was a very hard and painful journey, through many steps, many hard steps. I know I caused my helpers, my guides much distress. I have been brought back to the physical on one occasion, to try to help them, to help me. I'm afraid to say that on that occasion, I was returned un-helped — I was unhelpful, and that is something I bitterly regret. But over a period of many of your years, not our years you understand, but YOUR years, *(Yes we do.)* ***I gradually had my haughty exterior broken down piece by piece and I can say to you quite truthfully, that when the final piece came down, I could see light and love, as it should be for the very first time.***

Les: Of course you were so insistent, that those who were trying to teach you, were wrong in their outlook, weren't you?

I am ashamed to say that I was utterly convinced that I was in the right.

Les: Yes I know and do you recall coming through and speaking to me, many of our years ago?

Was it you my friend?

Les: Yes, and at that time you still retained your costume and a stick and you explained about your hats.

I cannot quite remember, but I think that it is quite possible, because I was very much in favour of headwear, you understand my meaning? *(Yes.)* ***But because it took many years to break down my barriers, I have not always remembered the past. I feel that it is a lesson that I learned and it was put into a dusty corner of my mind.***

Les: And at the same time you asked me to support a certain person, in their work on this Earth.

Forgive me, but I do not wish to remember. Are you sure it is what I asked you?

Les: Yes, if you are who I think you are.

No, I'm — I apologise I do not wish to appear as if I am trying to hide anything from you, but my memory of that, I must admit is a little hazy.

Les: Yes I don't want to put it any more strongly, in deference to your request that we shouldn't ask anything about your life.

I was led into light and love, by some wonderful and caring souls and I am honoured to say that since I have become more human — you realise what I mean by that — *(Yes.)* ***and less of a glass ornament, I have been permitted myself, to give the kind of help I received, to others of a similar nature.***

Les: Good! And you're giving that help in your world, are you?

Indeed I am and let me tell you, I am so ashamed of how I behaved, because now as you say, the boot is on the other foot and I am having to deal with people I so closely resembled many times ago. And it is not easy, in fact if I could, I would tear my hair out.

Les: Yes I know how you feel — not quite, but I believe I do.

I'm sure at times when you've been doing your rescue work, you have thought to yourself, how on Earth can I get through to these people. Well as you know because you do it constantly, eventually you do get through. I am giving a living proof of that, but goodness me, I feel deep, deep remorse for all the problems I caused my beloved carers and I can only continue in my life, helping others in recompense for my past ways.

Les: Yes well that is all anyone can do, because as I said at the beginning of our conversation, you weren't responsible for your attitude, because that is how you were brought up, that is how you were indoctrinated into the feeling of superiority, ***(Yes.)*** through your whole life.

Yes, my one concession to my previous earthly existence, is when I feel the need to have four walls and a roof around me and of course I can if I wish. I do have rather beautiful and luxurious accommodation.

Les: Well, you were used to it, weren't you?

But gone are the sycophants that surrounded me. I have to cope alone and I thoroughly enjoy it and when I am replete of the luxurious life, I remove myself from the trappings of wealth and go on my way; it is a little indulgence that I feel I have earned.

Les: Yes I would agree with you, we would all feel the same I think. I don't think anybody would have any objection to that, would they? We understand, don't we? *(General agreement)*

Thank you. Next time I feel the need to surround myself with fine furniture and velvet, I will think to myself that my new found friends would not object to a little decadence for a short time.

Les: No we wouldn't, we'd love to share it with you! *(chuckles)*

Perhaps in time my friends perhaps I will welcome you all to my little palace.

Les: We would look forward to that. Now I'm going to ask you a very personal question, which you may prefer not to answer, in which case I understand. Do you still use make-up to the same extent, just as a hobby? *(pause)* ***(No.)*** I'm not criticising, it just gives me an indication as to your being.

No, it is not something I feel the need to indulge in. I cannot say that it is an important part of my existence.

Les: No I know it wouldn't be, it's just a little fad to go with your surroundings.

No, if I had another luxury to go with my beautiful little palace, then it would be fresh fruit. I hope you don't find that amusing?

Les: No, we're all in favour of it.

And fine wine, which perhaps I should bow my head in shame for my —

Les: No not in the least. We all like little indulgences, but we can't of course go to the extreme that you do. But we can quite understand why you would find it a method of relaxation, in your arduous work.

But I said I WOULD choose that as an indulgence. I have to say, that so far I have resisted the temptation. Good, aren't I? *(chuckles)*

Les: But you would feel much more comfortable, if you *did* have the indulgence now and again.

Does that mean I have permission to go and indulge myself, with some wine and not feel guilty, *(Yes.)* ***because my new found friends have told me that it is quite in order? Goodness me, that's all I needed to know!*** *(laughter)* ***I think I shall presently leave you and see if I can find someone who will join me in a small indulgence.***

Les: Yes, well we would join you in a toast then, while you do so.

Of course, you know it is all in the mind. I do not anticipate taking a glass of wine and putting it to my lips, but I will THINK I am putting a glass of wine to my lips and that will be just as intoxicating to me. As you know, it IS the mind, when you come through the curtain.

Les: Yes, absolutely.

It is thought that takes me into my beautiful palace, it is THOUGHT that removes me from my beautiful palace and puts me in the real world.

Les: Yes, and of course you had the difficulty when you were on this Earth, of not being able to express those minor indulgences, because of those around you, whom you thought would disapprove.

All I will say, is some would have disapproved, but many others would have gone to the other extreme and indulged themselves too greatly.

Les: Yes they would have.

And that is all I wish to say.

Les: But they would not have expected *you* to do it, *(pause)* Well this is very interesting and we much enjoy your conversation.

Before I leave you I would say to you, that shortly into your room if you will permit, will come a member of my earthly family. And I am almost certain that they will divulge to you historical information, which I feel sure will be of great, great interest to you.

Les: It certainly sounds as though it would be.

But I have paved the way. It will be a little more difficult for this person to come. At present there is much still to do, before they come through the curtain to speak with you.

Les: They have not been here before, have they?

Ah yes, you unfortunately have got hold of the wrong piece of wood. I speak of someone who has been on our side, for many of your years.

Les: Well that'll be even more interesting. We look forward to it.

So with your permission, I will return and tell the people who are working so hard to bring this to be, that you give permission for them to come to speak to you.

Les: Certainly we do, we welcome them. Thank you very much.

It will be of historic significance that is all I will say. Now I feel I have been here with you a little longer than perhaps I should have. I do not wish to outstay any welcome that you give to me. It took considerable effort to bring me through here and we do not wish to take too much from the kind lady, who has allowed me to come here this time and converse with you.

Les: No, we do understand and we thank you for the consideration. Perhaps you'll come back and talk to us again one day. You'd always be welcome.

If our plans reach fruition, then there is a possibility that I may come, at the same time as another. I would not speak at length, but may come to introduce you to my family member.

Les: That would be very nice.

And I hope that when I return, part of this evening will come back to your consciousness.

Les: I'm sure it will.

I am honoured to have been accepted into your private quarters and thank you for taking the time and having the patience, to listen to the ramblings of someone like myself.

Les: Well they certainly weren't ramblings and we've all been most interested. I don't think anybody would deny that, would they? *(General agreement)*
George: It's been delightful, thank you very much.
Then I offer you farewell and hopefully it will not be too far in the distance that I am back here in this beautiful room.
Les: We hope it won't be too long and we wish you every success in the work you are now doing, in ridding others of the shadows in which they are walking.
I am happy to make it my life's work, until they find me another niche, for any talents I may have.
Les: Of course *they* will develop, as you do your work for the others.
My final words to you are: Always have a little humility. Do not plump yourselves up, with unwarranted self-importance.
Les: No, I think we all try not to do that. We've had many lessons to that effect, but we take note of your words.
I am not in any degree criticising any of my lovely new friends.
Les: No, we understand that.
I just give you some heartfelt advice. And now I will leave you in the fervent hope, that it will be very soon, that I come to introduce another to you.
Les: Thank you very much indeed. As I said, we look forward to that. God bless you.
We then began to discuss who it was/might be:
Les: That was most interesting, wasn't it? *(General agreement)*
Sarah: She didn't say who she was though.
Les: No, she didn't want to. Anybody have any ideas?
George: Queen Mary?
Sarah: I thought it was Elizabeth 1st.
Sue: No, I'm sure — I can't —
Sue begins to channel again:
It is just as well I had not completely departed, is it not? I apologise, I did say at the beginning I would give my name, but no history of my earthly life. I do not wish to give my first names, because and I jest here, you would be here all night, I had so many. I will if you are interested, give you the last name. I would imagine you will all recognise it and let me say, I am nowhere near as old as Queen Elizabeth 1st.
Sarah: I apologise. *(Giggles)*
My surname was Romanov. I will leave you now.
Les: Thank you very much for telling us.
Sarah: Thank you.
Sue then shared her feelings/emotions that she'd picked up during the session. It had left her quite tearful. Les explained to George that he had also thought it was Queen Mary, which is why he'd commented on the hats. Sue noted at the time that the one through her was a little confused by Les's comments, but did not wish to appear rude. Sue felt that it was paving the wave for another member of the family and who she felt would be Tsar Nicholas. But the moment she'd uttered the name Romanov, Sue experienced extreme feelings of cold and shivers and she felt that the Tsar had a far greater lesson and it would take more time for this one to come through. We discussed what we knew about this part of Russian history, when an unexpected and highly charged message came through Les:
Good evening to you my friends. From your conversation, I would gather that you've been most interested in the communicator, who has spoken with you this time? *(General agreement)*
George: Yes we are very interested and she spoke beautifully.
I would remind you of lessons you have had during the past meetings here, when it was more than once explained to both meetings, that humility is one of the prime lessons, which must be learned when you depart from this life, into ours. *(Yes.)* ***And yet to our surprise you are still astonished, when so called well-known, victorious or otherwise significant people return to you here. Let it be understood, that the auras which surrounded them — and I talk about imaginary auras that you humans place around people on***

this Earth — they no longer exist, they are quickly dissipated when you come to us. That applies to all, irrespective of birth, of previous experience upon this Earth, or what you call the higher echelons of society. It is absolutely of NO IMPORTANCE WHATSOEVER!! The only thing which concerns us when you come to us, is your degree of spiritual development, not the trappings of so-called civilised life, which some of you still bring with you to us. And we despair sometimes at seeing how many stratas we have to clear away, from the spiritual person underneath. Nevertheless it has to be done and it is done. Now we come to the point of my visit. Many times you have been told that you would have no idea of the extent of the work that would be done within this room, is that not so? *(General agreement)* ***You still can have no idea of the extent of the light, which is generated through the years of dedicated work, which you have given to us. And each time a meeting is held within these walls, so that light is increased. You cannot possibly imagine its radiance. And as you upon this Earth, flock to your chambers of music, your libraries of learning, in order to devour as much as you can of the knowledge which is there — in order to appreciate as much as possible the gorgeous music, which is available for you; so upon our Earth, or our plane, as you say — so upon our plane of existence, are the lights of varying degrees from various meetings such as this, from churches, from chapels, from synagogues, from what you call the fringe religions — ALL emit light to a certain degree. But I will say now — and I do not wish you to take this in any form of conceit, but I will say now, I know myself, of no place, which radiates light, as does this.*** *(Referring to the room we were using)* ***And our realms are full of light my friends, light unknown to you; light and all its colours, all it's shapes, all it's patterns and all its beauty. But because of your work, light from this chapel, from this church, from whatever you wish to call it in a religious sense, this temple — light exceeds everything that I have known. For as it is that those, who for long have been with us, who have suffered much in many ways, are attracted to the supreme light which calls them — much, much more will be done here. Many so-called famous people wish to and will visit; be prepared for this. Do not think yourselves honoured, but if you wish, be grateful to those who on our side, have through the years, taught you what spiritual development should be. Do you understand?*** *(General agreement)*

George: Thank you for telling us this, we are indeed grateful.

I leave you my friends. God's blessing be with you at all times. Do not hesitate to continue in your dedicated work. Goodnight to you, God bless you all. *(General thanks)*

~24th August 1998~

Good evening. *(General welcomes)*

I would like to say this time, that we must return to some things already spoken about. But firstly I would say to the gentleman known to us as Jack: My dear friend, I feel your inner turmoil, I will come close to you to help you, to bring to the fore of your thinking, much clearer thoughts.

Jack: Thank you.

My friends, I wish to speak this time about seekers of *Truth*. We have touched upon this subject many times, but still I feel some present, do not fully appreciate what they are seeking. What is *truth?* I say to you all, truth is truth — there are no new *truths.* What there is, is *knowledge* that is available to each one of you, dependent of course on your ability to receive. But my dear friends, all *truth* is innate within each one of you. So when you seek out *the truth* as you call it, remember nothing is new. But still you are surprised when something new to your consciousness arises; you question, you doubt —that is no failing on your part, only your human frailties. I want you all dear friends, to *know that each one of you has the power and all knowledge of truth,* but once again I repeat to you, *you must look inwards.* I will take some questions at this stage if you will agree, in order that this topic can be put to one side.

Les: Right, I was speaking to one of your colleagues some time ago on the subject of truth and we were told that there was no such thing as final truth at present, because the universe is still evolving, and as it evolves, so too will what we call truth alter in accordance with that evolving.

No, no, no; no, no, no, no; no — what is evolving is *knowledge.* Truth is truth and has always been. What is changing is the *knowledge* of truth, which is available upon the raised consciousness of each individual.

Les: I see well that answers that question, thank you, because I couldn't quite understand it.

Are you clear about this my dear friend, because it is so important for your understanding, that each one of you knows that *truth cannot change*, it has always been.

Les: Yes, I believe we did speak about this some time ago, as you said ***(Yes.)*** and I was puzzled as to the difference between truth and knowledge. Now you have explained —

It is the acceptance of the knowledge of truth, which grows; it grows with the understanding, with the growth of consciousness as to what you can accept.

Les: So would it be right for me to say that as physical human beings at this stage in our development, it is not possible for us to understand truth?

It is possible only in as much as your understanding of how you have grown in this lifetime; your knowledge of *truth* cannot be exposed to you, until you return to us and see your full vision of who and what you are. Does that make sense to you?

Les: Yes it does make sense, but it leads me to another question ***(Yes.)*** and I don't know how this will be explained, or whether we'll be able to understand the explanation, but I'm sure my colleagues here have the same thought, when I say, *'what is Truth?'*

Truth is the all-encompassing vision of life.

Les: *(Pause)* I see.

You sound puzzled.

Les: I am still a little puzzled yes.

Yes, your understanding of the true meaning cannot be accepted, in this state of your development.

Les: No, because to accept your — and I say this with respect of course, to accept your explanation, is contrary to what our physical minds would consider ***(Yes.)*** to be truth.

Yes, always whilst you are upon this Earth, your physical minds will always doubt, but you — the true *YOU* that is SPIRIT, should know what we term 'TRUTH.'

Les: So truth in fact is an intangible thing and you say it is the all-encompassing light of creation, is that so?

Yes, which cannot be altered; you cannot change what always has been and always *will be.*

Les: No of course not, so we'll have to accept and learn and understand the difference between our conception of truth and our acceptance of knowledge.

Yes, this is the difficulty of using human words; it is more a feeling, a spiritual feeling, a spiritual knowledge.

Les: So really to accept truth, it would have to be an *awareness* rather than an understanding of it?

Yes, knowledge can be understood, truth is as you say the *spiritual awareness*; the innate knowledge, the knowledge that lies within the spirit. It is a difficult topic and one I know each one of you struggles with, but I hope in having these question times, that it can be made a little more clear to you.

Les: Yes I'm sure it can. I think everyone would appreciate that, wouldn't they, *(General affirmations)* that each time we learn a little more, even though we must accept that we shall never fully understand. But as Salumet says, we're adding to our knowledge; that is the important thing I think at the moment, and not just try to reach the impossibility of understanding the greatness of truth.

Sallie: Could I ask something please? *(Yes.)* If I go within myself, I can find my understanding of what truth is. If another person goes within themselves, they can find their understanding of truth. ***(Yes.)*** But our separate understanding of truth may be different?

Your understanding of truth is dependent upon the spiritual awareness that you have achieved. What is your truth may not belong to another. Yes, you are correct, but remember when you speak of truth, do not confuse it with the availability of new knowledge.

Sallie: It's an old truth — it's a truth that's inside that you just *know*.

Yes, yes this is the difficulty that you confuse the *availability* of knowledge, with truth that has always existed. I think the confusion lies in using the word *'truth.'* I would prefer that you *seek* for the *inner self*; that is TRUTH. Do you understand?

Sallie: Yes I do.

I think the confusion lies in using the human word *truth.* *(General agreement)*

Les: Yes it must do, because if two of us read a chapter in a book, to one of us it might seem to be true, to another it might seem to be a lot of nonsense.

Yes, but may I say my dear friend, you speak about *human truth.* We are endeavouring to teach you about *spiritual truth.*

Les: So to come down to brass tacks then, when we are speaking with each other and we are doing it so far as we know physically, in all sincerity, and we could say that what I've told you is the absolute truth, it could still be in human terms a lie, or a misconception?

Yes, it may be absolute truth to you, but not acceptable to another. You cannot be so dogmatic in your views, I'm sure you understand this. *(Yes.)* **But the *truth* — and I use the word, because it is the one you use, the *truth* I wish you to think upon, is the all-encompassing truth, which is life, *spiritual life*, not *human life.* You see the difference?**

Les: Yes, so it comes back to what I have said many times to people who have been beginning to learn the subject, that whenever you read, remember you must allow for the bias of the author.

Remember dear friends, each one of you upon this planet, is an individual, an individual in human terms. *(Yes.)* **But united you may be in a spiritual light, but in human terms you are so different from each other, that there has to be these differences of opinion, in what is right, wrong, truth, good, bad, evil — you name it and there has to be those differences.**

Les: So it would seem that all those differences, which we might regard as truth between ourselves, are merely stepping stones to assist in our spiritual progress?

Of course, that is the plain fact of the matter, that because of your individuality, each one of you has your own pathway towards truth. Do you understand?

Les: Yes, so truth as such is going to be an infinitely long way in the future, before we can be fully associated with it then?

I might add that we all, no matter how long, how much we have grown, are always seekers of the truth. How can we fully know such an important thing? Each of us in my world, continues to grow in knowledge, which ultimately leads us to truth.

Les: Yes I can understand that and I fully appreciate it and that must continue ever upwards, because as you've said, there are many planes of existence, ***(Yes.)*** and I suppose the seeking for truth, or for the ultimate truth, leads on through those many planes of knowledge, ***(Yes.)*** and more understanding. But is it a fact that one *can* ultimately become fully integrated with the ultimate truth?

There is the possibility to attain much in the way of truth, but you cannot have the ultimate, because the ultimate truth is the creator of all life. And although there comes a time of blending, which you upon this planet, would find hard to accept, there is a blending of spirit, where truth is the greater part of that seeking, where the blending of spirit becomes that purity of light, which none of you here could know of. But I would have to say, as far as I am aware, that blending of spirit, never reaches that point of existence within the light of creation, to be able to say that they have become the purity of truth.

Les: No, I can understand the way you put it —

(Voice extremely faint/gentle) **There is much that I cannot explain to you, because in those realms of existence, the individuality of spirit, the unity of selves, do not exist; there no longer exists there any individuality of any description. But there is a blending of love, of light, but still in that highly evolved condition — and this is more difficult for me to**

describe to you — there is *still* that striving, there is *still* a knowing, there is *still* a desire to grow. I can't explain it to you —

Les: No, I appreciate that, please don't try, we do understand.

It is much too far in existence for me to bring to you.

Les: But I feel you have been very close to it.

I *(Pause)* **I am still striving my friends, but my awareness knows of it, but my purpose is to bring to each one of you just a little more knowledge whilst you abide upon this Earthly planet, in order that when you return to us, that you can say we have been instructed well.**

Les: We certainly have been. *(General agreement + thanks)*

I must leave you now for this time. I must go, but I hope that each one of you will once more ponder my words.

Les: We shall certainly do that. *(General thanks)* And our love goes with you again.

There was a few minute's pause before Les channelled this follow up message:

I have come to tell you because the master never would or will, that all in this room are exceptionally honoured, by the constant visits of a very, very, very highly evolved soul. This visit of his tonight, was a great effort, which you will never fully understand, until you have spent much time within our realms of light and love. Let his bearance with you tonight, envelope you in the love and light and knowledge that he brings for your acceptance and spiritual growth. I myself have been honoured to convey this message to you my very dear friends. I trust that your spiritual development will benefit accordingly from what has been left with you on this occasion. May God's love be with you my friends. Goodbye. *(General thanks)*

George: We very much appreciate the teaching and we appreciate your message, thank you.

I my friend, am of little account, but I thank you very your kindness.

~31st August 1998~

Good evening. *(General welcomes)*

To you my dear friends I bring the blessing of much love to each one of you. *(General thanks)* **This time with your permission, we would like to encourage each one of you, in a conscious effort of your individual development. But firstly this time, I will answer any questions you may have for me.**

Les: Thank you, would anybody like to question, or shall I start? *(No comments)* Right, I'll start then: You have told us a number of times Salumet, that we are more than one being. I take this to mean that our soul has many aspects. Would I be right in thinking that some of those aspects could be existing upon this Earth at the same time, unknown to the other aspects of ourselves?

When you begin to realise the nature of the soul and its many, many aspects, then it would not be surprising that more than one aspect of that being, should coexist in the same lifetime. Of course, the soul has prior knowledge, but the life form of the human being, may not have that awareness. So yes, that is possible — it, I have to say does not happen so often, but the possibility exists for it to be.

Les: Yes I thought it must be so, because of the omnipotence of the soul. I couldn't see any reason why it couldn't be so, particularly as you have told us in the past, that soul-mates form a contract as it were, before they come back here and ultimately at some time in the physical life, meet again. But they are actually *soul*-mates and not *physical* mates. ***(Yes.)*** So this led me to wonder if other aspects could also exist at the same time, without our physical knowledge.

Yes, you are correct in that assumption. I believe when we spoke my dear friends on soul-mates, I tried to dispel that soul-mates are only two opposites in the human form — that is not a soul. You can have soul-mates, either of sisters, brothers, strangers — there is nothing to do with male-female connections. After all, the soul recognises no such gender. I hope I made this clear to you last time, but I reiterate it for you now.

Les: Thank you, yes you did make it clear and something cropped up, which made me remember what you'd told us and that led me to ask myself a question that I have now asked you, about there being a number of aspects possible of soul, upon the physical Earth at the same time and each being unaware of it physically.

It — perhaps we can explain it when the woman being meets complete strangers and instantaneously there is a bond, which cannot be explained. I do not say in all cases this is the reason why, but often it *is* the reason, that the two parts of the soul recognise each other. Do you understand?

Les: Yes we do. It's very interesting, because that would explain the very definite attraction as you say, that one has sometimes without any apparent reason. ***(Yes.)*** So we would not recognise ourselves, as being part of that whole self?

The possibility lies within you all to have recognition, but I would say on the whole, that you would not have that recognition, unless your awareness was such, that it was greater than it is at this present time, in order that that awareness could recognise its own — shall we say *part* of the soul, which it, as I say *knew* beforehand was coming to this lifetime.

Les: Yes, well thank you very much for that, because I was also thinking of what you have told us about not only being more than one — how shall I put this — you have told us that we should never judge another, that we should look within ourselves, because we are part of the *reason* for that *need* to judge another.

Yes, if you judge another, if you find fault, then you should look towards yourself, as to why you find this judgement to be necessary.

Les: Yes so all that is tied up with my question then and your answer, about there being many parts of us on this Earth, or the possibility of many parts being on this Earth, at the same time. So our actions in a case like that, could well be responsible for the actions of another?

Yes, we come to deep waters here my friend.

Les: Yes we do, don't we.

But I am happy that you have raised the point. I do not feel that at this particular moment in our time, that the others would understand the answer to that question. So can I say to you, continue further with your deep thinking, because you are seeking out deep, deep matters here. I congratulate you my dear friend, because you are entering a phase of deep knowledge. You will find coming to you much, much more than you had dreamed about and I can say you would never have imagined possible in your lifetime. Take my words my dear friend and be thankful that you will be given the opportunity for such deep thinking.

Les: Yes I do appreciate it and thank you for telling me. The other question I would like to ask: Today is the anniversary of the death of Diana, and you gave us very profound information, about the absurdity — and I put that advisedly — the absurdity of all the mourning that has gone on. And I have felt very sorry for the lady, because I could imagine that all the mourning, is contributing to her being called back in spirit unnecessarily.

Can I just say this to you: We have said it is not wise that when spirit comes *'home,'* that those left behind, should mourn for too long. We on our side of life, celebrate the return home, of each individual spirit. So of course when there is an extended period of mourning by so many people, the soul is constantly pulled closer to the earthly plane. But I can say about this particular soul, that the love that was extended to her, has helped her to realise that the mourning that has been created amongst many of your people, is something that she has begun to understand and she has accepted it and put it in it's proper place. So do not be concerned for this soul; not only is she aware of this happening, but she seeks the love also that comes to her. Do not be afraid for her, she is well.

Les: Good, I was concerned that she should be being pulled back to this Earth and not be able to do anything about it — not letting people know that she *is* well and happy.

I will tell you only this, that this soul had knowledge of afterlife; she knew that our world existed, she knew and understood great depths of emotion, but her understanding has helped her. She knew the reason why she came to this life and why she left this lifetime. Do not be sad for this soul, she has completed what she came here to achieve.

Les: Yes, I thought that must be so and it's comforting to me anyway and I'm sure it is to my colleagues here, to know that is the case.

She knows and understands that many of the people in this world have no knowledge of our world, and having that knowledge helps her to — shall I say, being returned constantly, by those people, who still grieve for her. She exists on the wider areas of love and thoughts that are sent to her.

Les: Good, that's nice to know and I'm very glad, because it could be otherwise, had she not known, but you did tell us a year ago, that she had a premonition of her passing.

Yes she did, she knew her life would not be a long one. She is well my dear friends, do not mourn. I say this for *all* people, not just this particular soul. She may have been special to the people in your world, but she is special in our world, only in as much as she is what she exudes. Do you understand? *(Yes I do.)* **There are no rules of importance in our world as there are in yours, only the love of the soul, which shows it's true self, when it returns home.**

Les: Well thank you very much for those explanations, I think we all appreciate it, don't we? *(General agreement)* Do we have any other questions for Salumet?

Jack: Yes can I ask for a little bit of assistance please? ***(Yes.)*** I've been meaning to ask you this for a little while: Can you tell me about this inner voice that you have? Is it a spiritual voice telling you what you should or shouldn't do, or whatever it tells you? I think mine's blocked up, or I haven't got one or something. Can you enlighten me a little please?

Yes my dear friend, *(Thank you.)* **I have known of your confusion for some considerable time. You seek too much too soon; the still inner voice is within each one of you, but to know of that inner voice, you must *still* the human form and I have to tell you, your mind is rather active in this area.**

Jack: I would concur with that.

What you need to do my dear friend, is spend more time in quiet isolation and allow that stillness, that quietness to surround you. Only when the thinking becomes still, can you *'hear,'* as you put it, *hear* and understand that inner voice. It is a *knowing*, it is not a voice. You understand this I know.

Jack: I do, it just doesn't seem to work.

Yes, because you are seeking too much too soon. Be patient, I have been trying to help you, but as in all matters of the soul, we must take each step slowly. It will come, but you must have patience — and I don't mean to be unkind with my words, but it is something perhaps you could also learn — a little patience.

Jack: Probably true yes.

Yes, but we will try to help you. *(Thank you.)* **Now that question brings me to what might help you this evening my friend, because I ask that each one of you, consciously sits to try to allow others to impress upon you, to help you in your understanding. In order to do this, perhaps you will go into the quietness and the light and see what comes to each one of you. Can I leave this with you my dear friend and I will work quietly with this one.** *(Eileen)*

Les: Yes of course and as usual, if need be we shall talk quietly, but there will be no loud noise.

I would be most thankful. Know that I leave you this time, know that I am here to help you if you need my help at any time.

Les: Yes thank you and we do appreciate that. God be with you and our love goes with you also.

We then sat in silence to see what would happen and Les suggested that we imagine a light coming down and surrounding us. He then began to give advice to some of the circle, about various things:

He gave advice to Mary concerning her finding more time to follow her spiritual path. He suggested that Paul should write the pros and cons of things down, to help him make decisions. George was asked to be less intolerant and Sarah was told her development would increase and be considerably greater and will approach the standards seen in others, but work in other directions has to be done.

There then followed one through Eileen:

I wanted to say to all of you, do not be discouraged by your spiritual development, because I can tell you — all of you, that your development surpasses what you probably believe to have happened, with each one of you. I speak from experience; I devoted 60 of your long years, when I trod this Earth, in devotions,

in solitude, in many menial tasks and I thought I must have a place in God's house that befitted my life when I lived here. Let me tell you dear people, that the work you do, far out does anything that I achieved in those 60 years. I just wanted you to be encouraged. Be patient, listen to your hearts and know that one day you will gain what you truly deserve.

Les: That's very, very kind of you to come and tell us that, it does give us encouragement and we appreciate you being with us.

I desire only to help and uplift you.

Les: You certainly do that.

Having the knowledge that you have, is all you need to help you forward in your spiritual task. Keep this in mind and know that each step of your way, there is always someone with you. *(General thanks)* ***I will not end with God's blessing, I will only say know yourselves. At last I too have learned this great lesson. I thank you for your time and your patience and I desire only that you continue in your quest for spiritual unfoldment.***

Les: We can assure you that we shall all do that. And again we do thank you and our love goes out to you. God be with you.

~7th September 1998~

Good evening. *(General welcomes)*

I thank you for your welcome once again. I feel there has been among some of you, much serious thinking.

Les: Yes, you're probably right.

I want to say to you my dear friends: Do not be so harsh on yourselves. You, each one of you, are travelling in the right direction, but may I say that this knowledge that you gain sometimes leaves you a little serious about earthly living. Remember my dear friends, that life here should be balanced with your own spiritual growth. After all, you came here for a purpose and there is nothing which says that your life should be so serious. Remember each one of you, that as your day on this Earth closes, if you can truthfully say, you have tried your best, that you have caused no ill to any man, either by word or thought, then indeed you should be grateful for that. So, be like the small children on your planet; seek but find pleasure in that seeking. Happiness my dear friends, is your right. So you see, take each day and thank the *Great Creative Force*, for the opportunity of growth and the opportunity for happiness in your lives. If I may say this to you, patience amongst mankind is not something that is widely spread amongst you, but it is something that each one should try to cultivate in their daily living. Do you understand my friends, what I say to you?

Les: Everybody clear on that? *(General agreement)*

Know that you grow, but know also that happiness and light are your right. So if I may use an expression from your world and say to you all: *Lighten up my friends*. If only you could see the shadows which you bring to yourselves, in these moments of harsh judgement, you would quickly dispel those thoughts, and again we return to the power of your thought. So I am saying this to you, because of the deep work which we do and the nature of the deep thinking, I want to say that for the next two times we come together, there will come from my world, those people who will show you the joy, in being light-hearted. It is something to be cherished and I hope that having this break from these deep matters, it will help you to understand the joy in this world that is yours.

Les: Well we shall certainly look forward to that. *(General agreement)*

And if I — do you wish to continue Salumet?

Please speak.

Les: It's interesting that you should say that, because your instrument doesn't know that at our meeting last Wednesday, it was devoted to light-heartedness. And children I saw — well there was a communicator from the other side whom we know as Norman, who looks after children and brings the spirit children to us. And I knew something out of the way was going to happen, because I saw him with me, and the children decided to have a fun evening. Believe me it really was hilarious and they were presenting

everybody with picture-book details, that they had read here and everybody was being visited by various animals, who winked at them, sat on their laps and all the rest of it. It was really the most amusing Wednesday we've ever had I think — I can say that without any doubt and they must have heard the laughter next door.

Yes, I want you to know and understand that joy and lightness and what better for you than your laughter — these things were given to you for a reason — they are part of your living — they should be used to the full. And I do not want you to think that in your spiritual development, it is necessary always, to be so serious in your thinking. Some of you — I have received your thoughts, that you are discontented, by the progress which you make. My dear friends I say this to you: Be dismayed *not*, because you cannot see your own spiritual lights. I have told you that you have come far and although your own awareness is not such that you can see these things, I would like you to accept my word, in telling you that each one of you shines more brightly. So we will show you some more light-heartedness from our world and although sometimes it may seem a little bizarre or strange, what does it matter, if it brings laughter to your hearts, joy to you — light-heartedness — has it not achieved what it was meant to achieve? *(Of course.)* **So I say to you my dear friends, make great use of what is coming to you and afterwards when I return to you, then we will spend an evening on much more deep matters, which we have not previously discussed. So perhaps you would say, you are having another one of your earthly sayings, *a lull before the storm.*** *(Chuckles)*

Les: Right we have been warned — we certainly look forward to that.

So if you have questions this time, I will be happy to answer them for you.

Les: Thank you. I'm going to step in first if I may, to follow on from our talk last week about the many aspects of the soul. We all here are aware that at times we have seen a person, which has brought into minds the saying that we have here, that *'the eyes are the mirrors of the soul.'* I think everybody has experienced that, haven't they? *(General agreement)* Now is it possible for that particular aspect of the soul in that person, to express itself through the physical eyes in that way?

I see — can you be aware of the spirit within the human being, through those physical eyes. Is that your question?

Les: That's the question yes.

Yes, well of course, can I say firstly that the physical eyes belong to the physical being and as in many aspects of the human form, you can be deceived, unless you have the awareness of what is truly coming from within the other person. But of course it is possible for, shall we say the goodness of the soul to show itself, through the eyes of the human being.

Les: Yes I thought it must be, because I have experienced that a number of times and it's a wonderful thing to see, or be aware of.

But it is only because your own awareness is such that you are able to judge truly, what is coming from within.

Les: So again it is the spiritual reacting to the spiritual?

Yes, always remember you cannot have the two aspects, the spiritual and the human form — you cannot have one see the other because the spirit after all, is the force behind the human form. You have to have the spiritual awareness.

Les: I see, so in that case then, one person could be aware of the intensity in that person's eyes and another one might not be?

Yes of course. Is that helpful to you?

Les: Yes thank you that does answer what I wanted. Any other questions?

George: Yes, we talked about our space brothers and the symbols in the corn fields, as a means of communication. And I wondered after that, if they have evolved so differently from ourselves, that communication is really difficult and the symbols in the crops, is one of a very few possibilities of communication. Would that be a true perspective, or would there be many possible ways of communicating?

Yes, thank you for your question my friend. Have I not told you previously that many new forms of communication would take place, all over this planet?

George: Ah yes.

Yes, there are many ways to communicate, although you are not fully aware of them at this moment in time. But those who come, who try to make contact with you on this planet, they are limited not by their own knowledge, but by the limitations of the human being. They have to find a way of making you understand what they are trying to bring to you. It is not my purpose to come here to tell you — and of course I could, but it is not my purpose to explain to you, what your brothers are trying to do. That my friend, would be interference from me.

George: Yes I see that.

But yes, many forms of communication are to come.

George: Thank you.

Les: Any more questions? *(Pause)*

We have so many thoughts, but so few words. Do not be concerned. I hope that you will think upon my words this time, because I *feel* from you the seriousness in your lives, which you must try to dispel a little.

Les: Right, any other questions from anybody?

Sallie: There's something I've been thinking about. It's not necessarily what we've been talking about recently, but it's to do with *regression therapy*, where in order to perhaps understand yourself more, or for whatever reason, you work with a therapist, actually going back to a time before you were born in this lifetime. And I suppose — I know we're here for a purpose, but there's a part of me that thinks, would I be cheating in doing that? And part of me thinks no, it's not cheating to go back in that way — I don't know, what do you think Salumet?

Yes, I understand your question. I would say only this to you: Be careful when you undertake such things. There are occasions for the soul to be helped in these cases of regression as you call them. But I would say this to you, they are very few. After all, why do you suppose that when you come to this life, that all memory is blocked? Do you not see there is a purpose?

Sallie: Yes, yes my understanding of that is that if we had the memory, it would be very simple for us to try and achieve, yes.

Yes, I do not say it is wrong, but also I cannot say to you it would be right for you. Would it not be better that your own consciousness, your own awareness, work towards that understanding of the soul, whilst in this lifetime. Much more credit would be given to doing it that way. Do you understand?

Sallie: Yes I do.

I feel there is disagreement, would you like to speak further please?

Sallie: I don't think the disagreement is from me. I'm fairly open to the possibility of regression therapy, or otherwise. It was merely ***(Yes.)*** the feeling that — I don't know, whether it was necessarily a good idea to get involved with that, or as Salumet was actually saying, working it through yourself is probably more credible.

It is not something that should concern you greatly. I would not say that the soul who undertakes such things — how can I say, should feel badly, of course not, if the reason behind it is for good. But so often these things are done for experimental reasons and can I say only this, that the soul can become disturbed. Perhaps we can speak on this matter some other time when we have longer, but it is not something that the soul should feel ashamed about. Do you understand?

Sallie: Yes, yes I do. ***(Yes, Good.)*** Thank you.

Les: Yes I would be very glad if we could have further discussion on that, because I've wanted in the past to ask questions about hypnosis too, because I personally am opposed to regression sessions and hypnosis, because there is no guarantee so far as I can see, that what is allegedly produced by regression, is in fact so, because there are so many possibilities that could intervene, particularly when you consider deep mediumship.

Yes, that is why I say the soul can become distressed. We will discuss this further.

Les: Yes thank you, we'll look forward to that, because it's a very complex subject and I think it's one which we'd all be grateful to have a greater understanding of.

What I would say quickly this time, is that regression for happenings within this lifetime, is a separate matter. It is when we begin to *seek* past lives as you call them that problems occur.

Les: Yes, this is what I've felt for a long time.

Sallie: So what you're really saying is, somebody who's working with a therapist, trying to unblock something in this lifetime that's creating great distress or a problem?

Yes, that is fine, because it belongs to this lifetime. It is no different than the soul who seeks spiritual healing in this lifetime. Do you understand?

Sallie: Yes I do.

But the problem lies when the soul wishes to go further.

Les: Yes it could cause a lot of problems, couldn't it? ***(Yes.)*** Particularly as most of the people I think who do this work, are not sufficiently qualified spiritually, to be doing it.

That is one of the issues we must discuss of course. We are speaking of the interaction of two souls and its obvious inhibitions, problems, which it can bring. There are many situations we must discuss.

Les: Good, that's splendid. Any more questions for Salumet?

George: Just adding to that, there was a case history of a man who was born into this life with a limp and he was cured of the limp, through past life regression therapy. But perhaps it would be better not to cure in that case, because the soul may have decided that he should be in this life with a limp. Is that a fair example?

Yes, that is why memory is blocked. The soul as you know, chooses the life it comes to and all the problems it brings to it. *(Yes.)* **Yes, what would or perhaps *could* happen, when the soul returns to our world, is that soul returns once again, with that complaint, if you wish to call it such, in order that it work through a lifetime, as it should have done. Do you understand?** *(General agreement)*

George: Yes I see that.

It is a difficult topic, but one I feel we must discuss more fully.

Les: Anybody else? *(Pause)*

Well my dear friends, I will leave you, I hope this time, with lightened hearts. Know I stand close by you all. I will not speak with you for two further meetings, because in front of you, there should be much lightness and laughter, in order that you can see for yourselves, that love and happiness is within our world, and all is not serious *development* if you like, of consciousness.

Les: I was told a long time ago, to bring your sense of humour with you when you come to us, you'll be much more welcome — I've never forgotten that.

Well I would not say you would not be allowed, but of course if you have lightness of spirit, then your placement amongst us, will be much easier. After all, you are surrounded by those souls who are lost in despair and hopelessness, who have nothing but heavy hearts and grief. If only we could give to them more happiness, whilst they tread this planet, how much greater would their lives become. So can I ask you this time my dear friends as I leave you, that this night when your thoughts are sent out to those in need, that you think of all those within your world, and within ours, who have heavy hearts and who need upliftment and light. Can you spare one thought for them? *(General agreement)*

Les: Yes I think we can all promise that.

My love and my thanks stay with you all.

Les: And our thanks go to you, for all you bring and tell us. We shall miss you in the next two weeks, but we do understand. *(General agreement)* And we look forward to your return. Thank you and God bless you.

~14th September 1998~

This is the first of the two light-hearted evenings promised. There is much laughter throughout, due perhaps to the way things are said and the amusing 'chemistry' of the various personalities. It's probably

not an easy thing to relay in book form, but hopefully the reader will get the gist of what these two evenings were about:

So you are breathing. *(Loud, cheeky voice)*
Les: Yes, sorry I didn't know you were there — my apologises for keeping you waiting.
Should think so too. Not many parties held here now is there. You're like a lot of quiet little mice.
Les: We're usually quiet and serious, but not tonight I hope.
Well if you are, I'll be going. *(Laughter)*
Les: Oh no, you stay please.
I've been looking round and there's only 10 and there should be 11.
Les: Yes you're quite right there should be another one, but she's tending her son's wedding I think. Mary's in France, isn't she? *(General agreement)*
What the devil's she doing there?
Les: She's at her son's wedding.
Damned inconsiderate when there's a party going on. *(Laughter)*
Les: She's asked me to do a tape tonight, because she didn't want to miss it, but neither did she want not to go to the wedding.
Well I hope it's a bit livelier than this one. *(Chuckles)*
Les: Well we're waiting for you to liven us up now.
No I've come to the party, and there you all are sitting there quiet and sitting in the dark, I thought what have I come to here, for goodness sake. Where's Elsie?
Les: We don't have an Elsie here.
Well you'd best be finding her.
Les: Best be finding her?
Yes, you be finding her — come on.
Les: Perhaps she's from your side?
Yes.
Les: Are you with us Elsie?
Elsie then began through Sue:
Elsie: ***I'm here.*** *(Much quieter and more refined voice — sounding a bit posh)*
Les: You're there are you?
Elsie: ***Mrs Elsie Macintosh.***
Les: Mrs Elsie Macintosh, welcome. Is that the Elsie you wanted?
Yes
Les: Well we'll dispense with the Mrs Macintosh from now on. You'll just be Elsie.
Couldn't you dispense with Elsie? That would be better! *(More chortles)*
Les: Oh no I don't think we want to dispence with Elsie.
Elsie: ***You asked me to come with you. We're going to a bash you said. I'm waiting to find out where we are having this bash, cos it isn't here.***
Yeah I know that's the problem. Don't say too much because they're all so happy.
Les: We're quite happy really. You haven't told us your name yet, would you like to?
Nosey bugger! *(Laughter)*
Elsie: ***I had to tell him I was Elsie Macintosh, you might as well tell him who you are, otherwise he won't let us have any fun.***
I see, well I'm Stuart Macintosh.
Les: You're Stuart Macintosh are you?
Stuart: ***Yes.***
Les: So you belong to the same family and clan.
Stuart: ***Don't you associate my clan with hers.*** *(Laughter)*
Les: What were there 2 Macintosh clans?

Stuart: ***Don't know, but I'd rather think there was.***
Elsie: ***Notice that I don't speak like what he does.***
Stuart: ***I don't speak like he does — ho ho ho, aren't we funny.***
Les: Are you part of the same family, or are you separate Macintoshes?
Sarah: Maybe they're husband and wife?
Stuart: ***May the good Lord strike you down! Who could suggest such a thing?*** *(Laughter)*
Elsie: ***If you could see him you would know that that is not happen. If you could see me, you would know why it could not happen.***
Stuart: ***Many a good woman chased me in my time, I'll have you know Mrs Maccintosh.***
Elsie:***With a frying pan in one hand?*** *(Laughter)*
Stuart: ***More like a shotgun.*** *(Chuckles)*
Les: You were one of those Macintoshes, were you?
Stuart: ***Excuse me?***
Les: You were one of those Macintoshes? Just a jump ahead of the gun?
Stuart: ***Huh huh huh! I had a good life.***
Les: Did you? It sounds as though you did.
Stuart: ***But we're not going into that now —***
The tape continues in this vein for some considerable time and on side B others come through of similar light mirth. One through Eileen gets sitters to recount some of their amusing childhood memories and Les recalls a few of his school boy pranks etc. Then a sweet little girl came through, talking about her love of the fairies and suddenly four appeared in the room and did a little dance for us, though unfortunately none of us were able to see it. Sarah came through with another child and the evening was brought to a close by a Sister through Eileen.

~21st September 1998~

This is the second of the light-hearted evenings that Salumet said we would have as a break from the usual evenings. The first came through Eileen to explain the plans for the evening. We were asked to talk amongst ourselves about anything, and others would join in later. One then joined us through Eileen and we talked light-heartedly, though a few serious subjects were broached:
Good evening — let me say one thing to you all please: The preparation of food for others, is done with love — no matter what your thoughts are on organic food, or otherwise, the preparation done for others, can only be good. So keep that in mind my dear friends.
Les: — I asked a question on that subject years ago, because they used to come through my wife quite frequently in the kitchen. And I asked why should they choose that room, which was untidy after a meal and so on. They said the very thing that you have said, the kitchen is the room which expresses most love of any in the house, ***(Yes.)*** because of the preparation of food for others.
Can I make a suggestion here as well? If you good people are going to have disagreements, don't do it in your kitchens — I'm being quite serious now for just a moment.
George: It'll spoil the energy of the kitchen.
Yes and the preparation of the food. So bare it in mind, if you want to have a good old argument, go in the garden.
Les: Yes, we shall take note of that.
And then you'll have to answer to the little nature Spirits, but that's not my problem. *(Laughter)*
Carry on.
Les: Can't you carry on now? Have you seen the little people in the gardens?
Of course I have, I know all about them — but don't let me stop you talking.
Les: No, we've had enough of our own talking. We're looking forward to hearing from you and your colleagues. Are they ready yet?
Don't ask me.

George: Do the little people mind us going into the garden and having an argument?

I should think they probably would. The answer to that, I should suggest is, don't argue. *(General agreement)*

George: We'll call it a discussion.

Well he is the diplomat of the group, if ever there was one — *(Chuckles)*

There then followed a young girl who came through Eileen unexpectedly, drawn by our earlier discussion about food. It seemed that she did not like to eat much when on Earth and had carried that through into spirit, still making her weaker and less energetic than the other children in the spirit world. Les was able to open her mind on the benefits of eating fruit, and she went away the happier.

Our discussion continued with our desire to see fairies. We were a little confused with how to go about seeing them and whether it would be something for the physical eyes, or something more subtle. The word 'hallucination,' was used, which drew more useful inputs from our unseen friends:

— No, no, no, no, no, no, no — no hallucination, no, no, no, no, no!

Les: Thank you very much.

Oh no, no, no, no, no, no, no!

Les: I'm glad you're listening. Has my definition been reasonably correct?

Yes — oh dear, dear, dear, dear.

Les: That gentleman *(George)* will bring his physical mind into play. *(Laughter)*

When you become part of the tree and nature, then you will have the awareness. Don't breathe it in, become part of it. Be blended —

Les: This is why I say, let it permeate.

Yes — oh hallucinations! What are we going to do with him? *(Laughter)*

George: No I didn't mean full hallucination as such, just a touch of it.

No, well just a little bit's too much.

George: Yes right.

You just remember it. *(Chuckles)* ***I'm not really telling you off am I?***

Les: No as I was saying, you have to let it permeate George and there's the difficulty, learning how to do that, to become part of the energy, which surrounds you at all times — and to try and stop putting physical representations on it, because the whole of life is energy, as you know.

Oh I wish I had more power, I could turn him into a fairy! *(Laughter)*

Les: That would be lovely.

Wouldn't that be fun?!

Les: Yes it could be done, couldn't it? Rather a cumbersome one though I fear, but nevertheless a fairy.

Yes, hardly a light-footed one! *(Chuckles)* ***Dear, dear, dear.***

Les: I just hope he can learn to become a part of the energy around him. I don't know whether you could offer us any further instructions, apart from meditation of course, and seeking the quiet and the peace.

Yes unfortunately I don't have that knowledge to give to you. I know it's there, but I can't change anything you don't already know.

Les: So we're on the right track anyway, in trying to absorb it, and be absorbed into it?

All I can tell you at this point, is that more females than males, tend to have this ability.

Les: Yes I agree absolutely.

Yes, it's all to do with the female energy I think. But I can't go into details, I don't know —

Les: No, but I would agree with you that females are much more able to become associated with the essence of creation, rather than males.

Yes. Now we don't want any women power in the room. We've not come to that stage now, have we? *(Laughter)*

Les: Not yet.

George: But we all have both energies.

Yes, but it depends on what is the majority of the energy, in the life you're living, you see? And I hope you're a male! *(Chuckles)* ***God bless him.***

Les: It's a fascinating subject, isn't it?
Yes. You are a charming crowd.
Les: That's very nice of you and we do have some very charming people come to speak to us.
Do you?
Les: Including you.
Ah well, we'll have none of that, I don't need to be hearing all that.
Les: You don't need to be flattered —
No I don't need to be told all of that stuff. I'm very pleased to have come.
Les: It's true, we do feel that.
Do you now?
Les: Yes we do.
Right.
Les: We know you weren't expecting or looking for it, but it's the only way we can thank you, to tell you what we think.
Well as long as it's all good, I'll accept it.
Les: Thank you very much — oh it's all good, all organically grown.
Now, now — we won't go into that again, will we? All forms of life is beautiful in its own way, isn't it now?
Les: Yes it is, you're quite right, but we haven't been educated sufficiently, in order to recognise the beauty in much of life that is around us.
No it's not so much you haven't been educated, as that you've lost it all.
Les: Yes you're right there, because a piece of rotting wood, we wouldn't regard as beautiful, but in its energy patterns it would be, because it is serving the purpose for which that rot was necessary.
Everything has a purpose. Don't forgot that, every single thing has a purpose in life — even the people that you don't particularly take to, remember they have a purpose too, so don't go wishing them away! *(Laughter)* ***You're grand people, but you're no angels!*** *(More laughing)*
Les: We are very grateful for the lessons we have had over the last few years. Your colleagues in your world have taught us a great deal, for which we are ever-lastingly grateful.
Well, our purpose is to help you all. If we can, we only desire to help and if it's accepted, then it gives us great joy. If it's not, well we just have to try harder.
Les: Or go to some more receptive people?
Well, that's kind of taking it the easy way out, I would say. You've got to have a challenge sometimes.
Les: Yes, you had many, didn't you?
Of course, but I'm not here to talk about me.
Les: No, but you weren't very well liked by some of them, because you also insisted on others facing up to those challenges, didn't you?
Oh you're determined aren't you, to talk about me! I might have guessed. No wonder they called you 'sharp,' at the beginning. Now I can see why — you little devil! *(Laughter)*
Les: No — they loved you, even though they disliked you sometimes, for your determination on their behalf — just as you're determined on our behalf.
Yes. It's taken me a few steps forward, but it's also taken me some back! But nevertheless I was fairly content with my live I think, even though I could have done much better.
Les: Well aren't we all like that? Feeling that we could do much better — we may have a chance to examine what we have done.
Yes, that's why I'm always happy to come back to people such as yourselves, to try to guide them on the right path, because it's so easy to go off of it! As you all know!
Les: It certainly is. Please don't remind us.
We won't go into that either now, will we?
Les: Must better not to, I think. But you're much better now, are you?
Of course, who wouldn't be?

Les: Still looking for challenges — well not looking for them exactly, but accepting them when they come?
They are kind of put in my path and it's up to me whether I take them or leave them. And sometimes I think it would be best if I left, but it wouldn't get me far.
Les: Yes but I don't think there are many you refuse to go for?
No — you'd be surprised what you want to do when you come here. Your expectations change and you only want to do what's best, not only for yourself, which normally comes last, but for other people. That's the challenge, that you place yourself last. Does that make sense?
Les: Yes it does absolutely. It is a challenge, always to remember that, isn't it? And to always work for the benefit of others without reward for oneself.
Yes. Now look what you've been doing, you've been making me become too serious — that's not why I've come! I've been told these people need a little light-hearted relief and there he's going on about me.
Les: And you were quite light-hearted yourself quite often when you were here, weren't you?
More often than I should have been.
Les: No I wouldn't agree with that, because it served a very useful purpose, because it drove away many of the shadows that were around other people who came to you for help.
Yes, you're quite right, but I felt as though it happened too often, you know what I mean?
Les: Yes. Of course I can't argue on that, but I wouldn't have thought so, because it was so important for the work that you were doing.
Laughter IS important. I hope you all realise how important laughter should be in your lives, not only in happy times — if you can laugh at yourself in times of trouble, you see it all dissipate away. It's easy to be happy when all is well, isn't it? But if you can be happy in times of trauma and disappointment, be happy within yourselves, well — you've got it made haven't you? *(General agreement)*
Les: Yes if we can learn to do that all the time. It's a great asset if we can laugh at ourselves.
Well if you don't, WE all have a good laugh! Yes!
Les: I bet you do that, particularly when people are hallucinating! *(Laughter)*
Well now, we're not going into that again now are we?
Les: I don't mean it unkindly.
Poor little man.
Margaret: He's not little.
Well no, but I didn't like to say that now, did I? *(Laugher)*
Les: Just to change the subject just a little if I may, because the lady on my left here I feel wants to ask something, but she doesn't like — doesn't feel she ought to. Have you got a question Jackie?
(No.) Haven't you got something you would like to ask our friend here? *(No.)*
This is a lady can I tell you, who needs to laugh more in her life. Perhaps that's what you were thinking?
Les: Yes, I knew I had to go to her, to give her the option.
Yes, she does need to laugh a little more, but that could apply to many of you. So you know — laugh, laugh and be happy, because you see, when you laugh, your vibrations change. They do! I promise you. I know it's spoken of lightly, but know if you are happy, the whole of your body energy will change, only for the good.
Les: Do you not laugh much nowadays Jackie?
Jackie: I don't think you laugh as much as you get older, I'm sure you don't.
Margaret: Oh you do! *(General agreement)*
Jackie: I have a good time —
We're not talking about good times. Try to laugh more. Be like the little children. That's something else said in your world, that's quite true: Be as the little children. Can you understand? *(General agreement)*
Jackie: You can enjoy yourself without laughing, can't you?
Les: You should do it a bit more, let your enjoyment come to the surface a little more. ***(Yes.)*** Like me when I look at myself in the morning in the mirror, I say *'Oh god not you again.' (Laughter)* I can't do anything about it, so I just laugh at myself and apologise to my reflection — stupid, but it works.
Paul: I enjoy playing hide and seek with the nieces — I'm sure I enjoy it as much as they do.

George: Because there's a bit of laughing involved. *(General agreement)*
Lilian: Children certainly lift you.
Margaret: They do, don't they.
That's because they're spontaneous in their enjoyment of life. That's what it is, it's not so much the games, or what you're doing, but it's the love of life!
Jackie: It's finding time too, isn't it?
No, no, no, no, no, no, no!! *(Giggles)* ***No we won't have that from you! There's all the time in the world for laughter.***
Jackie: It's finding time to put yourself out. I get home from work and then I get in and I work some more and —
*(Said with much gusto)****Yes, why don't you stand at the washing up and smile!!***
Jackie: Because I'm angry with the kids for leaving it all to me.
Yes!! *(Laughter)* ***Here we go.***
Margaret: How old are they?
Jackie: Old enough to help — 13-14.
Margaret: Well if they don't help, they don't eat.
Jackie: They sometimes cook their own.
My word, we come round again to eating! What am I going to do with you all! *(Laughter)*
Les: When you have minor accidents Jackie, do you get really annoyed at it, or do you —
Jackie: I haven't got a temper — I just don't laugh enough.
Les: You just deal with it and don't see the funny side of it. I used to be like that, I must admit. But nowadays I can see the funny side of it.
Jackie: I'm not miserable, I just don't actually laugh a lot.
Les: You're not miserable physically, but it's not helping you spiritually.
Inwardly, that's what's important. The laughter is an outward thing, but it changes the energy patterns within the body — I wish people would realise that. It is! Laughter is a wonderful thing!
Sallie: We laugh a lot at work, because we deal with quite difficult things, so therefore it's all a bit strange and we're always doing something a bit silly, to survive I think — so we laugh a lot.
Yes. Don't be too worried about that remark dear sir sitting next to her. She doesn't mean she doesn't laugh, now do you?
Jackie: That would be telling, wouldn't it?
We can have no secrets here —
Les: I think we often condition ourselves into resentment, instead of laughter you know.
(Les then recounted a funny incident with his sugar bowl, which he chose to laugh at, rather than get upset about.)
— That is the secret, that is the secret, that if someone else was to do it, you would find it amusing. *(General agreement)* ***Yes. Please try to laugh more, all of you — It is so good for you. Now I think I've spoken enough.***
Les: We've enjoyed having you and for your philosophy and teaching.
And my telling off — I do beg your pardon, I do forget myself at times. I was quite renowned for my 'no, no, no, no's,' at one time, and I'm afraid in coming back, it tends to come to the fore.
Les: Never mind, we are laughing with you and at it too. ***(Yes.)*** We're very grateful to you for having been with us.
There you go again, thank you, thank you, thank you. I don't require 'thank you's' — thank you! *(Laughter)* ***There! I'm going to do it myself! It's been a pleasure, you've been charming.***
Les: We've thoroughly enjoyed it, haven't we? *(General agreement)* We've enjoyed the laughter too.
Well let me tell you, I'll be watching for the rest of the night and if I don't see smiles on your faces — *(Laughter)* ***I'll devise something. Now good people, you'll remember what's been said?***
Les: Yes we shall remember that.
Remember to smile when you feel at your lowest and you'll be amazed how much it brings you up —

Les: We do have a saying, *'Cry and you cry alone, laugh and the world laughs with you.'*
Yes, you are never alone, let me tell you that. I don't want anyone to think you are alone.
Les: We're only talking in a physical sense of course.
Yes, when you are at your lowest ebb, there is always someone nearby. Never despair. But it is so much nicer, it you have laughter, rather than despair.
Les: Well I think we can promise that we shall all try and remember what you have said and act on it. It will do us all good.
Wouldn't it be the ultimate, if someone passed, and you all could have laughed!! Wouldn't that make us all happy? It would show the world that it was something joyous, would it not?
Les: Quite! Which it should be.
Which it should be, but we know it can't be so —
Les: It's going to take humanity a long time to come to that acceptance. ***(Yes.)*** But we can still keep working at it.
Yes of course, that is just my wish, because we are very joyous when somebody comes to us.
Les: I'm sure you are.
Yes. Anyway, you've got me on a serious note again — well now I really must go — *(General fond farewells)*

~28th September 1998~

No Salumet this week, as Eileen had a heavy cold. It was said that conditions were not that good and the power was a little low. It was explained that power could be transferred between the various spiritual groups, who worked on the physical plane, if needed. This interesting communication came through Sue:
We feel this time that we have slight lack of power in your room.
Les: Yes, we are short of members unfortunately.
Normally this would not cause us any inconvenience, but different circumstances this time, have caused a 'down' in power.
Les: That's a pity. Different circumstances here?
No — mainly on our side of life. As you can well imagine, there is much happening, much scurrying and hurrying on our side and sometimes this causes a slight breakdown.
Les: I see. But you are hurrying and scurrying because of the changed conditions here tonight?
No. There is much happening, surrounding other groups and it is difficult for me to explain, but sometimes power is taken and used elsewhere.
Les: Is it though? *(Surprise expressed)*
Yes. Not all power, but imagine that you are the generator here and power is, shall we say, 'siphoned off,' you understand my meaning? *(Yes.)* ***When we feel it is required.***
Les: So at least we are contributing to something.
Oh my dear Mr Bone, why do you suppose we are siphoning your power here? It is an enormous power source. You contribute even when you do not become aware of the fact.
Les: That's very nice and we all very much appreciate you telling us. It's nice to know that we do contribute to that extent.
If I could perhaps try to enlighten you just a little.
Les: That would be nice.
When your group meets here, I know you have been told on more than one occasion, that the light from this particular meeting shines forth as a beacon.
Les: Yes, we have been told that.
Then you probably will understand when I say to you, that in your world, to use an electric light needs charge of electricity. Am I right?
Les: Yes, you're quite right.

Therefore imagine that the light from this room, this group of people, is an electrical current, which in its turn, lights up other groups, other meetings, other rescue groups. Do you understand me?

Les: Yes we do and we are very happy to know that you are able to take power from here, for that purpose.

On some occasions and it is very rare, if there is a 'downturn' of power here, if it is a severe downturn, which let me absolutely assure you, does not occur very often, then sometimes you need a boost from another group.

Les: That's very interesting to hear. I didn't realise the transfer of power was done in that way. We're very happy that we can contribute, as I said before.

For is it not right that everyone here on this Earth that is involved in spiritual matters, is working towards a common cause?

Les: Yes everybody is — *(There was a brief pause as the phone rang — normally this is switched off.)*

You are such a vital part of the organisation. I can only say to you, compare yourselves and other groups, like the arteries and capillaries and veins of the human body, each one interacting with another. And all of those, am I not right in saying, have the common cause to keep the central heart activated?

Les: Yes, you're quite right in that.

Therefore, that is what I say to you, all your power interacts with other powers, for the cause of keeping the spiritual heart pumping, so that all spiritual matters on Earth, can continue.

Les: Good. That's very nice to know.

I would ask one thing of you please this time? *(Yes.)* ***Would you please be agreeable to have someone brought here this night who needs some help from you?***

Les: Yes of course we would.

It is what you would refer to as a rescue. There will only be the one, but as you are fully aware, others will also be helped, from the one who will be visiting you.

Les: Yes we do understand that and we're very pleased that it works like that, because so many can be helped.

Again I refer you to my previous words, capillaries and arteries and veins, all interacting to help each other.

Les: Mm — I do understand.

I take my leave of you this time and will bring the one, who I'm sure you can help.

Les: Yes, we shall certainly do our best and thank you for what you've told us.

The expected rescue then followed through Sue, while Lilian dealt with another rescue through Sarah, at the same time. This particular one was distressed at being 'switched off' — it seems that they'd been kept alive on a life-support machine, which they had witnessed being turned off, without of course, understanding that it was time to let go of the physical body and return to the spirit realm, or as we have come to know it, 'returning HOME.' Sue then channelled, a bubbly, bright spirit, (Jess) who came for a light-hearted chat. Each sitter was introduced and there was plenty of laughter.

Finally, one came through Les:

Good evening my friends, good evening. *(General greetings)*

You have been told many times by the master *(Salumet)* ***that numbers do not necessarily affect the work, have you not?*** *(General agreement)* ***I think you will agree that this meeting, on what you call this evening, has been a very good object lesson, to amplify what you have been told.*** *(General agreement)* ***Also no doubt, it was of very great interest to know, that the power you generate within these walls, is not confined only to this immediate environment, nor to just the work which is so excellently done here, but you were told, it can be distributed in many ways, of which you are entirely unaware. I wish to refer to this, so that you can be content with the work you have done over many years and which we hope you will continue to do for many years more.*** *(General agreement)* ***You are frequently told that you will never understand all the complexities of life whilst on this Earth. But it is only fair, that you should at least be given a little inkling, into shall we say, the 'mysteries of existence.' Particularly the fact that what you generate here, out of the kindness of your hearts and souls, can equally well be used in other places, of***

which you have no knowledge and probably, will never be aware, exist. But you can be happy in the knowledge that the power you generate because of your work, is never, never wasted. It is always used to the best possible advantage, for those who are in need of such energy and power. This I hope makes you very pleased with your efforts.

George: Thank you for telling us this. We appreciate that.

It is my pleasure to be able to give you that little 'encouragement' shall I say, though I know you don't need it, but it is a little encouragement for you to take with you and for you to nurture, within your own selves. *(General thanks)* ***Now having done my duty I will bid you farewell my friends and I'm pleased to have been the bearer of such good tidings for you and I hope it will remain in your minds.*** *(General thanks + blessings)*

~5th October 1998~

Good evening. *(General welcomes)*

It gives me much joy to be with you once more.

Les: It gives us much joy to have you once more, though we did enjoy the two light-hearted evenings, which you promised us.

It was much needed my friends. It happens that sometimes you need to have some lightness within your lives. After all, your lives here are meant to be well-balanced, and although my task is to bring you fresh knowledge, we must not forget the light-hearted side of life.

Les: No, it was quite a pleasant change and I'm sure we all felt better for it.

I would like to say this time, that I will not embark upon fresh topics, because of the decrease in numbers here.

Les: Yes, that's understandable, thank you.

But of course if any of you wish to ask any questions of me, then I would be happy to answer them for you.

Les: Thank you. I did have one, which I too will leave until we have a full attendance here, because it is quite a complicated issue and I have made a note of it, so I will leave that. Has anybody a question that they'd like to ask Salumet?

Sallie: It's not a very serious question in some ways, but other ways it could be considered so. It's to do with the power of thought and creating our own reality, by the thoughts we send out. ***(Yes.)*** I know from the discussions we've had, that we can send out healing thoughts and we can think healing thoughts about our own bodies. I was just going a bit further in this and it may sound a bit silly, but if I believe it, if I really believe it, is there any reason why I can't grow a new tooth?

There is no reason at all, why you could not. There is at this time within your world, I will not use the word *'experiments,'* but *'constructive work'* in field of human tissue renewing itself. I will go no further at this stage, but only to say that mankind is reaching a stage of development, where new technology is available to him. Of course it comes from our world, as you may well know, but there should be no reason. It may sound farfetched to you and I would completely understand any disagreement that peoples would put forward for it, but the power of your thought can create all things.

Sallie: Salumet, is it also something to do with the fact that although I might meditate and concentrate, upon that particular thought, within me there are years and years of conditioning, aren't there?

And doubts.

Sallie: Yes.

Of course.

Sallie: Which would hinder that process, I would have thought.

Humankind has not reached the point where he will easily accept any of these things, but let me say only this to you: Mankind has all the innate powers that we in spirit possess. We have touched upon the subject I believe and I think that must be as far as we can take it this time. Do you agree?

Les: Yes I agree and I agree with what my friend said, that it is in our own doubting, which prevents the full application of our power of thought, ***(Yes.)*** because taking that a step further, the ability to grow new parts of the body, already exists in the animal kingdom. ***(Yes.)*** As you know, some lizards can replace their tails, some spiders can replace a leg and there are other instances of part of an animal's body being replaced. Sharks replace their teeth.

Yes, and after all, what is mankind, if not a larger animal? *(Of course.)* **Yes there is the possibility of all of these things, but because of the doubts and fears which lie within you, it is not something that would be easily accepted, and this we know and understand fully. I want you my dear friends —always I have said to you, I will return to the power of thought, because it is the most powerful thing that you possess.**

Les: Yes we look forward to that, when we have a full meeting. And at our last meeting, it was very interesting that something happened, which follows the power of thought train. We were told that power was reduced at this meeting, and I thought it was because of lack of members. But the communicator said no, there was such tremendous power here, that often they siphon it off, for use elsewhere.

Yes, do you not upon this planet, feed one battery to another, when one is low? *(Yes.)* **That is a simplification of course, but you see the possibilities?**

Les: Yes and we were very pleased to know that we do generate it to that extent, that it can be used elsewhere. And I was thinking about it afterwards, that that is merely a physical extension, if I can bring physical into it — a physical extension of what you have repeatedly said about the power of thought, ***(Yes.)*** because it is only the power of thought creating that energy, and the power of thought from your world, which is transferring it for use elsewhere.

Yes, not only the power of your thought my dear friend, because in the years that you build this energy, you unknowingly build *spiritual* energy, which is much easier for us to use. *(I see.)* **Unknowingly, you are growing — you cannot see your own lights, your own power sources. It is possible to see, but I don't think anyone here, is at that stage yet.**

Les: No I can't, we did discuss the aura afterwards, ***(Yes.)*** and that is a partly visible thing, under certain conditions, and as we were told, dependent upon the spiritual development of the one who wishes to see it — that's quite understandable.

It of course is ever-changing, moment by moment, the light you speak of, but I speak of a much deeper spiritual energy, which is around you at all times. The auric light you speak of is almost like a shadow of light that is gleaned from you, dependent on so many things. You *are* a powerhouse, you *are* spirit, you always will have that cosmic energy. You are part of the whole energy.

Les: Yes of course.

Do you begin to see?

Les: Yes we are inclined to forget that, aren't we?

Yes, I like to remind you sometimes, that you are more than you think you are.

Les: Yes I think we're beginning to realise that. And it's a marvellous thing that we can think about.

I am sure if each one of you was to place your hands towards the centre of this room now, you should feel this energy, which is building here now. Try it my friends, you should be able to feel the build up of the energy, each one of you exudes. Allow yourselves to be open to it, be part of it and let it come into your very being. *(Short pause — Les comments that he could feel it coming right up through his arms into his shoulders, vibrating.)*

Les: Well I must say we're all very, very happy that the work we do does generate that power — very pleased to be a part of it, thanks to your instruction.

Do not thank me my friend. You have made yourselves available to it, that is the important thing, that you are allowing yourself, the true spiritual self to come forward each time we meet, as we do here — that the spirit is the stronger of the two elements, whilst we join together. This is what you are feeling now. All of you should feel that the physical is draining from you and that the true self, is to the fore. Can you feel it, my dear friends? You should be able to.

Sallie: A sort of warmth and a glow? ***(Yes.)*** Yet there is something of the physical that remains, because in that sort of warmth and glow, I keep getting these little pictures of a new tooth, so I don't know —

Les: It would be interesting to hear everybody's personal feeling on this, but I feel that something is exuding from me and embracing you all bringing you closer to me spiritually. *It's wrapping itself around everybody here, and you all become a single unit, which is approaching me.*

That my dear friends is the blending of love energy, which exists amongst you all. You no longer are individual units, but you come together as one, as the words just spoken have explained to you. Allow yourselves to become as one, feel the power of the love, which comes from you all. Allow yourselves to be absorbed by that light energy.

Pause, before Les begin to speak softly:

Les: I don't know if anybody has an awareness that I have at present, which is that the physical is absolutely of no importance whatsoever. I get the feeling that the physical is a necessary encumbrance, which eventually of course will be discarded. And I feel that I'm looking down on a lifeless thing, which could be the physical. Not the physical body as I know it, but a physical awareness. Right, well since we have to keep a balance, I may get so far and not get back, so has anybody else a question for Salumet?

Sallie: I've been reading this book about Zen, which as far as I can understand, is not incompatible with your teaching, but I haven't finished it yet. There is a section, which talks about the empty heart — about going beyond the knowledge of the self, to that sort of place, described as *'nothingness,'* —the empty heart, which will then allow you fuller knowledge, of a more spiritual nature — I'm not really sure what my question is, it's just —

My friend, let me say this to you: That is the point at which you should have reached this time — the blending of the true self, in the knowledge that there exists beyond the physical being, that area of existence, which takes you further along the way of spiritual development. You should have felt this time, the leaving behind of the physical being and taken the step into that *empty heart*, as you have called it, but what I would rather term, *the next stage of existence.* Do you understand?

Sallie: Yes I think I understand, but I seem to be having a difficulty, actually wanting to give up my physical existence, because I get a lot of pleasure from —

Unfortunately there was then a loud cough and suddenly another came through Eileen, to explain the sudden withdrawal of Salumet:

Good evening. I must apologise, but the one who came to you has withdrawn. I am here to make apologises to you. It is for the benefit of the instrument and the one who came to serve you.

Les: Thank you very much — it's one of those unfortunate things. Thank you for joining us.

I am told much instruction goes on here.

Les: Yes it's quite true it does.

***Can I help you with your questions*?**

Les: Yes please, we'd appreciate it if you can. We were talking about Zen and the empty heart Sallie? *(Yes.)* I think it is a physical definition, of something of which we have to be spiritually aware. Would you like to repeat the question for our friend here?

Sallie: Yes actually, I think it's a bit of confusion I know I have, where I know we are spiritual — we're spiritual beings, though we're in physical form, for various reasons. I sometimes am a bit concerned, because unless things are going pretty badly, I actually really enjoy my physical form and things that I do, and I find it quite hard to completely go into a spirit mode as such, to separate the two — they seem very joined to me, but perhaps I'm just not experienced enough yet. But I'm wondering if it's a problem, if it's very joined, or if I should be reaching for that separation of the two?

Why should you be unhappy, if you feel joy in your living? Life is not meant to be unhappy. Do you feel it improper to be happy?

Sallie: No, I think it's very good.

Let me just say this to you madam, if I may: Joy and happiness, brings its own kind of love. It shows that you are dealing with your physical life, in the correct manner. You should feel joy and happiness, in times of adversity, and in times of happiness and love. So why do you place upon yourself, this troubled thinking?

Sallie: I think it's to do with the fact that so often when we talk in the group, it's spoken about how we should forget the physical, and concentrate on the spiritual. I'm not saying I disagree with that, I'm saying, why can't they be together?

They are together. Why do you feel it should be separate?

Sallie: I don't you see, but I thought that was the general idea going round in our group here and that's why I've been trying to do more to separate the two, but I don't feel that I need to.

No, do not. Your spiritual growth will grow with you, provided you live life as you should be doing. You cannot separate the two whilst you are here. Does anyone else think you should?

Les: No, the master who teaches us normally has said many times, that we have to keep a balance.

Yes, that is true.

Les: So, what is your problem Sallie? Enjoy both.

Yes, do you not see madam, that in your joyous living, you are giving to others, which in turn creates a great spirituality within you?

Sallie: Yes I think somebody — or I'm being confused by someone, because what you're saying makes perfect sense to me.

Yes, don't be concerned about being happy in your life, that's as it should be. I am unaware of all these misconceptions in your land, as to what you should do and what you shouldn't do, it's all rather confusing.

Les: Yes it is, isn't it? And we make it more so for ourselves quite often, because often, if life goes very smoothly for many years, we almost get a guilt complex, as to why it is doing that.

Yes, and you punish yourselves. *(General agreement)* ***Human beings are hard to understand at times.***

Les: You're at liberty to say we're stupid also, if you wish, because we know we are! *(Chuckle)*

I would not impose that upon you. That is not my place.

Les: No, but we know we are sometimes and we do get very confused in our thinking.

You cannot ask for more madam, to have your life run in parallel, both spiritually and in human progress — you cannot ask for more, whilst clothed in these bodies.

Sallie: I don't want more, I'm just happy to have that thing confirmed.

Yes, do not allow others to displace your own correct thinking.

Sallie: Thank you.

Be happy — I say this to all of you, be happy and joyous in your living, because each task that is placed before you, it makes it lighter if you accept it with laughter and with joyousness.

Les: We've been told many times Sallie, we should always use our sense of humour, so that IS the answer to keeping our balance, you see?

Sallie: That sounds fine.

Les: And the other will follow naturally.

Sallie: So the actual separation isn't what we are trying to achieve at all.

Les: No, no, no, no.

No, no madam.

Les: If it was, I'd give it up. No, it has to be a combination of the two and the art of living, is to recognise that combination and glean from both the maximum that we can whilst we are here. Whilst we're here we're learning a lot of knowledge and a lot of happiness and tonight you've been told how this is developing in the physical strata. We also by having a sense of humour, can increase the spiritual awareness of ourselves, by using that sense of humour properly.

Spirituality and growth does not need conscious effort, it can be of use I think sometimes, if the act is conscious, but the most profound act, is the unconscious act. That is what attains you spiritual growth. Can you see that? *(General agreement)* ***Yes? Good. I'm pleased I've been of some help.***

Les: You've been a great help. And another thing Sallie is you see, we are still self-centred in our thinking. With respect to anything you have said, it has been self, you have been considering, hasn't it?

Sallie: I am at the moment yes.

Les: But if we accept that going through life, doing what we can for others is giving them happiness in many ways, even in little things — if we give of ourselves that is creating happiness in others and it's giving, or should be giving the giver of those actions considerable happiness in so-doing. Now *that* is spiritual development — forget the physical side of it.

Can I say something madam to you?

Les: Yes please do.

There is a saying in your land, that what you give you will receive back. Can I say that you will receive 100 fold in spiritual growth, in happiness and joy you bring to another.

Les: I've many times used a simple explanation, when people have wanted to know how they develop mediumship. I said that mediumship is only giving or helping another in some way. If you merely assist someone to cross a busy road, you are a medium. A medium is only a channel for good. A very simple explanation, but if you develop on that, you'd see how simple it is — to give, whenever it is possible to give, without thinking.

That is the key, that the effort best be unconscious, because you rather lose something, when the action is done with conscious effort, in order that you may gain points, if you like. Of course, when you have the awareness that you have, it's difficult not to think along those lines, I agree. But it is the unthinking act, which is more creditable to you. The smile, the gesture, the look, the helping hand that is done by you 'automatically' I think you say, *(Yes.)* ***they are the gestures of most good.***

Les: And of course we come back to what we have been asked to do at night, whenever we are giving out our kind thoughts or prayers, whatever you want to call them, to spare a thought for those who are homeless, distressed in this world and also for those in the next world, who should be coming out of the mists and the darkness — give your thoughts to them also. You remember? *(Yes.)* And do we all practice that?

Sallie: Occasionally, not always.

Les: There comes the physical again —

Can I say something to you before I leave? If you could travel through this lifetime and forget the word, 'I,' then you have ACHIEVED — but that is not an easy task for anyone. Forget the 'I' and what else do you have, but ALL OTHER PEOPLE, yes, yes, yes.

Les: I'm afraid the main problem is that we do let the physical intervene far too much.

I thank you for allowing me your time; I am being told there is someone else who wishes to speak to you, through another person.

Les: I see, well thank you very much for having joined us and for all that you've said and we do appreciate your visit.

Thank you.

Les: God bless you.

Thank you.

There then followed a quick one through Sue, who had been recently before and who gave the name of Jess, reminding us in her own special way to remember to LAUGH — even through our tears.

Finally there was another through Eileen, who brought a message for one of the ladies (Mary), about a trip to Switzerland.

~19th October 1998~

Good evening

All: Good evening.

My dear friend, I have been close to you this day.

Les: That's very kind of you.

I wish to say to you all this time, we are reaching a point in our coming together, when new knowledge will be brought to you. For too long mankind has been chained by his own thinking. *(General agreement)* **We have reached a stage in this Earth's development when mankind must break free from these shackles, these misconceived ideas, which he holds onto.**

Les: Yes you told us a long time ago that it would be happening and it certainly is. Many, many instances we hear about now throughout the world.

Yes I did tell you that what I tell you here will be uttered throughout your planet, in many corners. The words used may vary slightly, but the whole idea of *Truth,* cannot alter.

Les: No — yes I've thought of you quite a lot, because I've been watching a program about the Catholic Church called, *'The absence of truth.'* They comment on the infallibility of the Pope and all that nonsense and while watching, I thought of what you have said, and how that will all be discarded.

We are in early days. Each of your world's religions — if it brings comfort to the spirit, then we must not say too much about it, at this present time.

Les: No, that's understandable.

But of course the time will come — I can assure you of this, that *Absolute Truth* will govern all religions.

Les: Splendid.

After all, there is the truth in all religions, it is up to each individual soul, to take from it what he may. *(General agreement)* **So at this time, I will not say all religions must go, but each step being taken, is going in that direction.** *(Yes.)* **For too long has mankind allowed these chains of religious teachings to bind him.**

Les: You're absolutely right.

Instead he should be free to feel the spirit that he is, to allow religion to be part of him and not the other way. You understand? *(General agreement)*

Les: Yes we do. We should live as the primitives lived, the so-called *primitives.*

They, as I have told you in time past, were closer to the all-pervading Truth.

Les: This is what I mean, we should be the same — live in the same way.

Unfortunately mankind sees himself on a pathway of development. It is this thinking which we must try to reverse for you. That task my friends, will not be a n easy one. In so many areas of your world, has this materialistic view taken such hold, that mankind now sees himself as a power source, do you understand?

Les: Yes, he does realise though that if he thought a little more deeply, he would realise that it is a power source for his own destruction.

Yes, this is why at this time in the Earth's evolution, many of us are gathered here, in order that this time, mankind cannot destroy what is being laid down for him.

Les: Nice to hear that again, because somebody through my wife told us that many, many years ago, that the abbots and others had gathered for this very reason.

There are many throughout this planet that is why my words will be reiterated around this globe. There are many of us gathered here, in order that the Truth this time be known. There cannot this time be any denial of Truth.

Les: I'm hoping that at some time — I know I shan't be able to do it, but I hope that somehow, some time, all that you have taught us and which is on record, will be published somehow.

The opportunity will be given. *(General thanks)* **And the knowledge, which will be spread throughout this planet, will be seen as it is meant to be — simple, simple truth.**

Les: Yes, that does please me a great deal, because I would hate to think that all you have told us, is going to be lost, even though it's recorded.

My dear friends, do you not understand that that is why you have been chosen to hear these words, that we know each one of you, can be an emissary for Good. The love you possess, the knowledge you hold, is great, but still we cannot interfere with your free thinking, but you *have* been chosen, because we know and understand, that the words given to you in time, will reach others.

Les: Good. *(General agreement)* That does make me very happy, thank you.

Dear friends, do not be fearful of speaking to others, we are behind you, we will help you and guide you with your words.

Les: Thank you. *(General thanks)*

If at first someone denies what you say, do not thrust your words upon them, but leave them in their thinking — that is all we ask of you.

Les: Yes we shall do that at every opportunity.

That is why we have brought you together again, this time. That is your purpose — I say to you my dear friends, do not fail in this task, because it will be the most important part of your living. It will be an achievement of spirit, something which you chose to do.

Les: Good, I'm very pleased to hear the opportunity will arise for all your words to be published.

Now, there will be another to speak to you this time, through this lady here, so if you have any questions for me this time, I will be most happy to answer for you.

Les: Thank you, yes if I might start, I'd like to ask one on the subject of Thought again, of which you have told us so much. We know that our personalities remain the same for some time, after we go over and of course that applies to everybody. Now I wonder — to give a simple example, I meet occasionally a chap in the village, who talks so rapidly, that one would think he was running out of time and I have had to ask him to slow down sometimes. I don't want to hurt his feelings, so I put it as nicely as possible, but on the other side, if I met somebody like that, if I thought, '*I wish he would speak more slowly*,' would he get that thought, or would I have to in some way *direct* it, so that he would get it? What I'm leading up to is, all our personal thoughts, at the moment we could imagine they would be available to anybody and I don't think that would be the case.

No, let me first say this to you: We have spoken about thoughts, which could be harmful to another, and that these thoughts can be intercepted, if that must be. But my dear friend, let me please ask you a question.

Les: Yes surely.

For whose benefit would you send out these thoughts, for yourself or for the other person?

Les: Well for me primarily so that I can understand fully, what is being said.

But can you not see, that it would be interfering in what *HE* has tried to do?

Les: Yes, looking at it that way, it would.

Yes, so you cannot have black and white — again we come to this question, that there are never clear cut answers to any questions of this kind. The thought you send, if it was a good thought for the purpose of helping another, then of course he would accept and receive it. If the purpose of the thought was for self-gratification, then that thought would be dissolved into the thought energy pattern.

Les: I see, so there is a over-riding power that governs this thinking then?

I would not say, *'over-riding,'* but a *'guiding.'*

Les: So, we needn't worry that somebody is going to be adversely affected by our private thoughts?

I would say generally no. You could not do that much harm, unless the other person was open to all thoughts — and again we must speak about this. There are some peoples in your world, who are open to many avenues of thought; they do not fully accept and understand what *'dangers,'* perhaps I can use the word, they are tempting into their lives. But generally I would say, do not be afraid of good thought.

Sallie: Salumet, sorry to interrupt, but I don't understand about people being open to thoughts that could be dangerous to them.

Yes let me try to elaborate that for you.

Sallie: Thank you.

You have peoples within your world, who shall we say, *'experiment,'* with what I believe you call drugs. *(General affirmations)* **Who give to themselves drinking habits, which leave their spirit open to all kinds of thinking. There are many peoples in your world — we have the purity of children sometimes, who are exposed to evil thinking. Again we cannot have a clear-cut explanation. Does this help you?** *(Pause)* **No.**

Sallie: No, not exactly, I thank I understand that if we alter our minds too much through drugs and alcohol, we may have our own strange thought patterns.

No my dear, you leave the spirit open to all those thoughts that are available. We are coming to a difficult topic, which I think we must devote one whole time to, if we may.

Les: Yes that would be very interesting we would welcome that some time.

Perhaps next time, yes — it is a deep matter that which you have raised and I will explain more fully for you.

Sallie: Thank you very much.

But be assured, there are those poor souls upon this Earth, who do expose themselves to unnecessary — after all, you know do you not, that not all spirit is pure?

Les: Yes we do know. We used to — well *I* used to make that mistake in thinking so, until we had your teaching.

Yes, therefore always we have to have the balance, of the positive and the negative at all times, and this involves *thinking*. Can you begin to see?

Les: Yes I can and I was thinking of this when I was watching the program about the Catholics, and wondering how they reconciled the adverse effects of another, with *their* thinking, which caused those adverse effects.

Yes, they would, when they come to our world, recognise that the teaching they have expounded upon others, has been wrongful, but you have to remember, they too have been exposed to wrong teaching — so they are not solely responsible.

Les: No, they were indoctrinated, weren't they?

Yes, so you see that we have adverse effects upon other people and it continues onwards and onwards and onwards.

Les: Well the whole foundation of the structure was wrong, in thinking of the infallibility of the pope at any time — how could that be?

There should be no idolising of any human. I have told you this before and I will repeat it to you once more. But next time we will speak more — more deeply about the power of thinking.

Les: Yes, we shall look forward to that.

Now I will leave you this time dear friends and allow the other one whom I have brought to you. I hope you will allow them to speak.

Les: Yes of course, we shall welcome them now and thank you very much again, for all that you have taught us tonight. *(General thanks)*

Know always dear friends, I am close by.

Les: Yes I become more and more aware of that myself and I hope others do. God be with you.

There then followed our expected guest through Sue:

Les: Good evening to you. Thank you for joining us.

I wish you a good evening. *(General greetings)* ***You must forgive slowness of the words, but your language is not common to me.***

Les: Thank you for using it, I'm sorry we are not able to speak yours.

All speech seems strange after the many years that I have used only the mind, to communicate.

Les: Yes of course, you don't use the languages now do you, not in speech form.

I come to offer healing to anyone here or who knows anyone requiring the power of healing.

Les: Did everybody hear that? Does anybody know one who needs the power of healing? Does anybody wish healing to be given to a person?

Mary: I know someone.

Les: What is the name?

Mary: The name? D Scot.

But please lady come and place hands upon these of instrument and repeat, please. Contact is most necessary. *(Mary did as instructed)* ***Please give name of person.***

Mary: D Scot.

Please speak in your mind, his problem. Do not say aloud. Then please return to seat. *(Long pause)*

Do we have another?

Lilian: Could I ask for one?

Name of person please.

Lilian: Gladys Inglefield.
As before, silently give requirements. *(Pause)*
Do we have any others requiring healing assistance please?
(There were no further healings.)
I have come from great distances. I can offer healing, but can also bring healing learning — I cannot use right words — I can offer to those who wish it, a little of my healing knowledge.
Les: Well I'll be greedy so yes, I would wish it, if you can.
Your path has already crossed with mine dear friend. *(Thank you.)* ***I have in the past been at your side, when you were healing others. Therefore my knowledge has already passed to you, although you have been unaware of my part in what you have done.***
Les: Thank you very much indeed. I was pretty sure somebody was doing quite a lot for me.
I feel I can only stay for short time now, but I will say to all those that wish to help others, to feel more — well — to those who wish to bring a steady mind to those who have troubles, hold out your hands when you feel the need to help others and I will ensure that your hands feel the heat of the healing power.
Les: That's very nice, did everybody hear that? *(General affirmations + thanks)*
Every person has the ability to help, but not all persons can find the time.
Les: You're quite right. We know it's inherent in us all. It's just finding the time in our physical lives, in order to use it. Thank you for the help you give to us all.
What I give to you all this time, will help yourselves and others, through many of you here.
Les: Thank you very much indeed and thank you for having been with us on this occasion. God bless you.

There then followed another communicator through Eileen — one who particularly valued the use of speech, and healing through words, who had spent a lifetime without speech:
Good evening.
Les: Sorry to have kept you waiting.
You haven't kept me waiting. But I feel I have to interrupt, before we leave, just to say a little more about healing.
Les: Yes, please do***.***
So much has been spoken about the touch, about the thinking, but I would like to advocate speaking. You see whilst I lived upon your Earth I could not speak, so to me speaking has become quite important and I love it when I hear other people saying kind words to another, because that is a healing. *(General agreement)* ***So my dear ones, speak as much as you wish, because in the spoken word, is given much Love.***
Les: You're quite right, we would agree absolutely, yes.
Ooh, what I would have longed for, to just have spoken a few words. But now I have the opportunity to come to you dear people and to speak non-stop. *(Merry chuckles)* ***So if you would be guided by me, just open those dear mouths and say something kind, every day to someone.***
Les: Well we shall certainly try, because words are living things, aren't they?
Oh yes, they are the expressions of your thinking. Well, perhaps sometimes, I will not say always, that's not quite true. *(Gentle laughter)*
Les: That's when we must learn to be quiet.
Well that can be difficult for some. But that is all I wanted to say to you.
Les: Yes we were talking about healing earlier, before the meeting actually and some people still insist on using ritualistic methods and speech and it's so unnecessary.
Yes, but what does it matter if it helps, that is my philosophy now — whatever good, in whatever way it comes, that is only good for you.
Les: Provided it's done sincerely, for another person.
Oh yes of course! You must have the sincerity, otherwise it would be best to be a nun. *(Quiet giggles)*

Les: Of course the interesting thing is in any case, whatever method we adopt physically doesn't make a scrap of difference, because *you* are doing the work.

Well we are behind what you do of course, but you are the instigators of the actual doing.

Les: That's right, but you provide the *power.*

We provide the help, by inspiring you and by being beside you, when we are as two peas.

Les: Yes we love having your company.

Well don't invite me too often, because I do love to speak.

Les: Well would it surprise you to know that we love to hear you?

Well, I find those words most heartening. I'm sure not everyone would agree.

Les: Well we're not interested in everyone agreeing, we know what *we* like.

But anyway, I want you to know how important words can be.

Les: Yes, quite seriously we do accept what you say and we do fully understand the need for words like that. Thank you for reminding us.

Yes, it need not be a barrage of words like I use, but the gentle one or two words at the right moment — that is what is important.

Les: Yes, that is the secret isn't it?

Yes, the knowing when, yes. Well I will now take my leave and thank you for your most generous tolerance of me.

Les: Thank you for coming and you have an open invitation to come, whenever you wish.

George: And you have a lovely voice to listen to, I might say.

Well, yes, I know his words are quite sincere. *(Gentle laughter)* ***I must leave you.*** *(General thanks)*

~26th October 1998~

Good evening. *(General welcomes)*

Les: I'm very pleased to say we have a full meeting for you this time.

I thank you all this time for such a warm welcome and great anticipation for what we say this time. I have told you last time that we will embark upon new knowledge when there is suitable opportunity.

Les: Yes you have indeed.

We have gathered you all in order that each one should hear this time, what I have to tell you. It is little known in your world, that within our world we have what we would call a '*Temple of Thought Patterns.*' This is not known to many, because the awareness of such a temple is given to those who would use it wisely and for the good of all. These temples hold energy patterns of thought, not only from your planet, but from many, many, many. So you understand that this temple would be situated only in the highest form in our world.

Les: Yes that's understandable.

I have mentioned to you previously, that there are those in our world, who work with the interception of thoughts that can harm another, yes? *(Yes.)* **Those souls who have that capability would be among the few who would access this Temple of Thought. I would not expect you to understand the *'mechanics,'* I think you would say, of how this temple would work, but we wish you to know at this time that it does exist, that this is limited knowledge within your planet, and I ask my dear friends that you accept my words in telling you so.**

Les: Of course we do.

All of you strive within yourselves to come to know that part which you call *Higher* Self, that part which ultimately belongs within our realms — it is the thinking patterns of that Higher Self, which have the power to reach the *Temple of Thought*. You know and understand I think, that your thought patterns whilst on this Earth planet is the same energy, but of course it is working at it's crudest level and you know that many thoughts that are sent by you, by the human self, the mortal self, can if they are erroneous thoughts, rebound back to your physical beings.

Les: Yes, you've made that quite clear in the past, too.

These are not thoughts that would reach the Temple of Thought within our world. So now you are thinking what thoughts are so collected there.

Les: That's true.

Every thought that reaches and comes from the spiritual aspect of each one of you, travels to our world, because the thought has become more '*purified*' if you would like to think that way. The energy has the power to travel deep within the spiritual realms, although all thought is, how would you say, instantaneous? *(Yes.)* **— It is not always dealt with in that way. That is why so often within your world we hear, '*Our prayers have not been answered.*' Now I come to the purpose of the Temple of Thought: Because the access to this temple — and I call it a *'temple'* purely for your benefit, because within your planet the temple is known to you my dear friends, as a place of solitude, silent thought, is it not?**

Les: Yes it is.

I ask you to try to visualise the power that lies within this temple. Only those souls who have attained the awareness of consciousness, have the entitlement to use and to transmute that energy — only able to transmute that energy, if it is for the purpose of *helping* others. It is not given randomly, it is used wisely and these transmuted thought patterns then become the inspiration and is returned to your Earth through many avenues. Do you understand what I am trying to tell you?

Les: Yes, I am beginning to understand and I hope everybody else is.

If you do not, now is the time for me to try to help you to understand.

Les: If I could ask my colleagues a question in another way — everybody has wondered no doubt where inspiration comes from, is that so? *(General agreement)* So would I be right Salumet in saying that when we wonder where inspiration comes from, would that be from the thought patterns transmuted by those while capable of doing it from that temple?

The thought patterns can be transmuted and then returned to you as inspiration, either by those Higher Selves, which you know is just the more aware part of your being, or by those people who have chosen to help these energy patterns return to your planet. This is something we have to discuss further, but for this time, I would wish that you could try to visualise your thought patterns as being living, *tangible* things.

Les: So one of the many parts of us — and you have emphasised this many times — one of the many parts of us, would be sufficiently advanced to be able to draw upon the energy of the temple, is that so?

Not necessary so, but one aspect of yourselves may be able to receive.

Les: We'd receive from those working within the temple?

Yes, very few have the awareness to actually enter into this Temple of Thought. I am speaking here of something, which to your thinking, is far beyond your understanding, but we are trying to give you generally new concepts of our world.

Les: You certainly are doing that. I may be quite wrong, but I believe I have been privileged to become aware of one of those temples on two occasions, when two of our members on separate occasions, were taken into a gorgeous room and they were overcome almost, by what they saw and felt in seeing it and becoming aware of it, but I knew in spite of what they thought was the ultimate experience, that this was only the anteroom to the Temple in each case.

I have to say to you my dear friend, within our world there are many temples of learning. The temples you speak of are indeed open to all, once they have attained that awareness, that consciousness of spirit, to be allowed to enter. But I have to tell you once again, the Temple of Thought is not open to many. It is a temple there for a purpose, used only by those of great consciousness, who have travelled within our worlds for many aeons of time. Now this may become difficult for you as I speak, because I have said not only this planet, but many, many more send thoughts to our world of thought; so we are speaking of something beyond your understanding. *(Yes.)* **Even to those with greater awareness within our worlds, are not aware of this Temple of Thought. I am giving you knowledge of this temple in a very small way, in order that you may understand, or begin to understand why thought is so powerful. Always I have tried to tell you there is nothing more powerful than your thinking. This is my thank you to**

you all for listening to me so patiently, sometimes without question and always with your love. My dear friends, you are this time being shown something which is little known not only in your Earth planet and many others, but even within our world of spirit.

Les: We are very humbled to think that we are allowed to share that knowledge and I was thinking of you and thought a couple of days ago when someone phoned me and wanted to come and see me. I remembered what you had said about the power of Thought and in order to try and get him to understand, I said try and think what is holding the planets in their orbits in the universe, if it is not the power of Thought of the Great Creator.

Now you are beginning to reach the very heart of the matter, are you not? All Thought must return to its very creation. It has always been, it can be transmuted, it can be used in many ways, but it cannot be destroyed. That is why I want you and *wish* for you to try to begin to understand that no matter what else is taught to you from our world, you will never have more knowledge than that which is said to you:

Be prepared to work on the power of your thinking.

Les: I think we have to dispel the idea of those who work with the power of Thought in those temples — we must not think of them as persons as we know persons.

You cannot.

Les: They themselves are thought emanations in themselves, are they not?

We do not speak of physical beings — no we do not. Even as you understand spirit — *(Eileen coughed several times interrupting speech)* **— Thank you. Forgive my withdrawal, but it is always difficult to be using an instrument.**

Les: I am so sorry it interferes with what you were saying.

It is but a slight hiccup, but I have to say imminent withdrawal is necessary, when any physical condition interferes, not for any harm done to us, but because of the change within the instrument. I will discuss that in greater detail with you on another occasion. *(Thank you.)* **I have to tell you my dear friends that the source Temple of Thought Patterns, is far from the knowledge —** *(Voice fading)* **I don't feel this time I can continue with this subject, because the distance and the explanation is too complex now. So let us my friends, discuss what you need to know.**

Les: Yes. Am I right in thinking that within these temples, we have to accept something we cannot understand because thought working there is self-creative?

Thought within the temple of thought is the highest form of thinking, the purest form you can imagine, the most powerful form of thought — the thought energy has reached its ultimate form — perhaps that is an easier way for me to explain it to you.

Les: Yes, because it's something we cannot possibly understand.

That is why only those who have so reached that multifunctional state are allowed to enter. I know these ways of thinking for you now must be so difficult, but as I have said, it is the generality of it we wish you to know.

Les: Yes, I think we can grasp that to some degree and I certainly have never heard of the Temples of Thought described like that — I'd not even heard of them, as you have told us.

No, as I have said my friend, it is from me to you a small '*thank you*' for your time and your devotion in listening to me. There is much we can bring you in the way of new knowledge, but you *have to* know and understand and be open to these new ways of thinking, if the world is to move forward now as indeed it will — for I have told you that many of us have gathered. The time has come for old ways — narrow ways of thinking, to be expanded, for this Earth planet to have greater understanding, wider knowledge and the opportunity for each individual soul to travel forward, *not* with blind beliefs, but in certain knowledge, that what he knows is Truth. Do you understand my friends?

Les: Yes, I think everybody understands that, don't they? *(General agreement)* And we feel very privileged that we can take the part we are taking in this development towards the Truth throughout the Earth.

I know that what comes will be difficult for you to accept so easily, but each one of us who have chosen, have chosen people whom we know to be open to that Truth. As I said to you last time, *that* is the purpose, *that* is the purpose of your being together again this time.

Les: Good, and I had a very good insight at our last meeting of the *Wednesday* group, because we did a rescue which involved a lot of people from many hundreds of years ago and I was aware then of something I've have not been aware of to that extent, of the way in which the work we all do here is almost perpetuating itself beyond here and in your world.
Yes, more and more will you come to recognise that what was once thought of '*help here,*' is in fact *inspirational help* from our world — the two must go hand-in-hand as you well know. But it is beginning to change in the way that you are being used. That awareness may not be with all of you who are involved in this work, but if you will allow yourselves that quiet time, much more will be given to you in the way of understanding. *(Good.)* **I have to say and I hope my dear friends this does not sound as if I am reprimanding you, but more of you could give just a little more of your daily lives to opening yourselves to —** *(Recoding very faint).* **There is a time in each of your lives, when you will come to recognise that although there must be balance of both your material and spiritual lives, there comes a time when you must open up the pathway to those aspects of yourself which are waiting to help you at every opportunity; and for some of you, you are not doing that. But that my dear friends is where again your own responsibilities lie, and we cannot, however much we love you and wish to help you, we cannot make you do whatever you do not wish to do.**
Les: Does everybody fully understand that now? *(General agreement)* I'm fortunate being retired that I *can* make the time as Salumet suggests. I would always beg of you all for the sake of your development that you do indeed (Les begins to channel) ***make the effort for your own selves, to give that time that is necessary. The time needed is little — the rewards for that little time can be great. Do you understand?*** *(General affirmations)*
Les: Sorry about that interruption.
Sallie: That's alright.
Before I leave you this time, I would say only this to you: No matter which pathways you follow, in the time that each one of you has left upon this planet, the contact which you have now made will never be severed. So you see my dear friends, how great is your responsibilities to yourselves. My wish for you all will be that when the time comes for you to come *home,* that each one of you can truly say, I did my very best. They are few words, they are simple words, but they are full of knowing. Remember this lifetime is but one small aspect of yourselves. Remember that whet you achieve this time, ultimately reflects upon the whole. Think upon these words my dear friends, because in thinking about them you will begin to understand how simple and how complex this part of your living is. I will take my leave this time. I know and I have much to give to you, but for now I would say to you only this: This night allow your spirit to soar, because this new knowledge you have found, has given you opportunity within our world to reach out to those who are there to help you in the knowledge that you can reach to them.
There was then a brief blessing/prayer by Salumet before we closed, but unfortunately the voice had become so faint and the recording extremely fuzzy/hissy, such that it was too unclear to transcribe accurately.

~2nd November 1998~

Good evening. *(General welcomes)*
I hope our discussion last time has led you to much thinking.
Les: It has me, I don't know about everybody else. *(Some affirmations)*
I would like this time to say a little more about your thoughts.
Les: Yes please.
At this particular time on your planet, comes to us much thought about what is happening there. So many negative thoughts, when there should be more acceptance for natural happenings.
Les: Yes, well I do understand that, because it occurred to me that many people, because of these recent natural disasters are going to start blaming God again, is that so?
Yes, unfortunately mankind needs someone or something to blame.

Les: Yes, that's true.

You must remember my dear friends, that as you evolve, so too is this planet. There are, have been and will be, many changes — emotional, climatic and spiritual changes within this planet. What I ask of you, those of you who know and understand a little about your own spiritual progress, is to try to refrain from your negative thinking, on these planetary matters. As always I ask you to think positively and to try to encourage others to do so.

Les: Yes, that is going to be very difficult to do that, isn't it? We can but try, because another problem, I'm sure you're aware of, and would be one of the negative thoughts of which you speak, is the fact that because of these disasters, many of those who are left, are going repeatedly to say, that there cannot be a God, he wouldn't allow this to happen. So that is another negativity which has to be broken down.

It is a form of thinking, that sometimes amuses some of us, because they deny any existence of a creator and yet then *'disasters,'* as you term them occur then they need that very thing they have denied, to blame.

Les: This is the absurdity of their remarks, because in another breath, they will say, *'Thank God it didn't happen to me.'* ***(Of course.)*** So, which way do they go?

We understand how they feel and we must have compassion for them, because they do not have your knowledge. I will correct myself, they *do* have the knowledge, but it is not brought to the surface of their thinking. So I say to you all my dear friends, as you progress along your lives, accept that your planet too is part of you, accept it is a time of growth — not only for this planet, but for those of you within it. Encourage others to think more deeply. I have said to you, that within the next 1000 of your years, much change will occur, not only in your thinking, in the change of spirituality amongst you, but in the shape of this planet. Do not be negative about it. We are here to help and to uplift you at each stage, each development. So know always you are not alone. Ask for help in your thinking — it is available to all people.

Les: Yes, I do frequently ask, that my thoughts might be guided along the right channels, because it is difficult for us to understand, in spite of your respective teaching, why we should choose to come to a planet, still in its early stages of development and suffer the possibility of *'disasters,'* such as have been happening recently. This is of course very difficult for us to understand. So personally I appreciate any help I can get from your world, in fashioning my thoughts and accepting that the fact that we are here, was of our own choosing.

Of course. All of you chose to come, have chosen the time to come, but let me reply to your remarks, my good friend: This planet is very young in terms of the cosmos and so too my dear friends, are the aspects of the soul, which you all belong to. You have returned the very juvenile parts of your beings. That is why you have returned to this very young planet. Can you understand? *(Several affirmations)*

Les: Yes, I would say I can accept, but of course I couldn't say that I understand, because we don't fully understand ***(No.)*** the complexity of you the parts of ourselves.

That is the difficulty.

Sallie: Excuse me, would it be something like when we go to learn something, we go to different areas to learn — we might go to a library, or we might go and have a driving test. Would the different aspects of our soul, go to different planets at different times, according to what it is we are trying to learn?

What the main purpose of your incarnations are, are that the soul is allowed to develop its *'weakest points,'* perhaps I could say to you, to simplify it for you. The soul seeks to grow and because of the many aspects which belong to it, then it will choose the area where growth is most likely to happen. So yes, your theory in part is correct. You would not put a young child in one of your universities and expect it to come out knowing all that would be expected of an older soul.

Les: No, of course not.

Then perhaps you can think along those lines. It is difficult I know for you to accept that these bodies you inhabit, these *beings* on this planet, are in fact mostly souls who are seeking their very best to grow. Of course, there are those in your world, who have more knowledge, but for those souls, their pathway

has been chosen for a different purpose; for the purpose not so much for their own growth, but in helping others to grow.

Les: Yes, that is something we have had to come to terms with. I think we all accept that possibility, don't we? *(General agreement)* — That the existence here is not solely for ourselves, but for unknown reasons, for the benefit of others.

Are there questions?

Sallie: Does it get to a point, where we stop doing this, ever, sort of choosing places to develop ourselves? Do we ever get to that point, or will it just change in different ways?

You mean on this planet? Of course the time comes when the soul has grown enough, that it need not reincarnate into bodies such as you inhabit — yes of course that happens, but it takes many, many lifetimes.

Sallie: So, when that actually happens, then what do we do, when we don't have to come back anymore? I feel we must still continue to grow and change and do something.

Yes, you can still — the soul will grow in our world — there are many ways of growing. That is why I say, the *'primitive'* aspects of the soul, choose to return within bodies. Does this make sense to you?

Sallie: Yes.

Les: And would that growth continue in your world, accepting that there are many, many planes of existence? ***(Yes.)*** Let us say that the soul no longer has any need to return to a physical conception of itself. ***(Yes.)*** Would it, as it learned through the planes of knowledge in *your* world, have to return to a lower plane occasionally, in order to learn other aspects of itself, just as now it returns to the physical Earth?

No, it can return to lower dimensions, but it would not move forward, only to return. That would be foolish.

Les: Yes, I had wondered about this.

That would not be allowed. You cannot move forward, until such time as you have earned that growth. You can of course return to lower dimensions, to meet with others, to help others, but you would not remain; in the same way as I have returned to you, through this one. *(Eileen)* **I do not belong here. Does that make sense?**

Les: Yes, that does clarify, thank you very much. I had wondered whether it was a repetitive cycle, returning and going on, which went through — effectively, through eternity.

Remember, once you have returned *home*, you rejoin the soul in its entirety. Only then does the soul decide what growth and what knowledge it has gained. But once you have reached the state of non-return to the physical being, then the soul must work, to grow in our world.

Les: Yes, thank you for that, because that answers another question, which I've not asked before — a point of view which has occurred to me several times and I did a long time ago, comment on the fact that many millions of souls have been through this Earth, but there are not so many millions of physical bodies, for them to inhabit at this time. So in my thinking, they must be progressing in your world, but not having to return here.

Yes, that answers too, the questions asked about how the planet has grown in numbers. It is not that they are all new souls, which is the usual thinking, but aspects of the *same* soul. Do you understand?

Les: Yes, because to me in my thinking, there was bound to have been a time, when there was simply no physical room, for the amount of physical bodies required, to accommodate those souls. ***(Of course.)*** So I came to that conclusion, though I asked a question about it, I came to the conclusion that at some point in what we would call *'time,'* there is no need for the soul, or any aspect of it, to return to the physical surroundings. ***(Of course.)*** Thank you very much and that answers two questions.

George: Would it be correct to say that Jesus the Christ, had no need of reincarnation, for his own development, but chose to return as a teacher?

That happens to all masters, if I may say it and that is what Jesus the Christ had intended, to return to grow and to help many. That was one purpose for his soul's growth. But there was no need to return to the physical body any more.

Les: The same condition would apply to what you are now doing for us, wouldn't it?

Yes of course. We are not returning in physical bodies, only through instruments in order to instruct and help. But we do not belong, our own *'growth,'* if you like, is *'secure'* within our world, but we have allowed this one aspect to return within the instrument, in order to help this planet.

Les: And for that we are very, very grateful. Now, I'm going to ask you a question on behalf of your instrument. She has not asked me to, but when she was taken so far away at our last meeting, she said when she returned that she had the feeling that she was in a golden dome. Now, I can understand that expression, but are you able to give us any significance of that golden dome?

I will say this to you, and I will say also that the instrument I am using, would like to deny what will be said, but the aspect of the soul which she has been using this time, comes from a very old soul. This being she inhabits, is one which at this part of her soul's growth, gives her the opportunity for much growth in this lifetime. Last time when I used her, we spoke on very high matters. You were given knowledge that is very little known to others and because of this, it so happens that I had to place her to one side, further than normally I would do. In so doing, she recognised, what in fact was part of her own being. That is what caused the emotional distress, because in recognising that part of her being, she knew that she really belonged elsewhere.

Les: Yes, thank you very much for telling me and I'm sure she'll be only too happy to have that explanation too, because obviously I haven't the knowledge to explain exactly the reason for that feeling.

She, I will tell you now, will be embarrassed by that statement, because one of the reasons she was chosen as an instrument for speaking through, was that she possesses an innate modesty, which she will deny of course, but which we know to be for *good.*

Les: And that's why you can use her.

But I am sure that when she hears these words, she will want to deny them.

Les: *(Quiet laughter)* Yes, well we shan't accept her denial, because we love her very much and we're so grateful for the work she allows to be done through her.

I would like to say to all of you, the potential within each one of you, is great. So, my dear friends, allow those hearts to remain open, allow your thinking to be open, close out that negative thinking and when the opportunity is there, help others to understand. There are so many thoughts coming to us at this time that we need your help in these matters. I know you will think upon my words. I know your thoughts will be positive, I know that your loving kindnesses to others will be shown.

Les: Yes, that leads me to another question, if I may — anybody else have a question before I put mine? *(Pause)* At our last meeting on the Wednesday, we were told that we don't always as has been said in the past, go over to your world — much as we'd like to, in order to help with the knowledge we have gained here. Now, I find that rather difficult to believe, in view of the fact that our knowledge could be most usefully applied to others in your world, who do require help.

My dear friends, what you must remember is this: That in this side of life, there are many stages of development and growth. Any knowledge gained, any growth attained, cannot be lost, cannot be contained for the self, it *has to* be given to others. You cannot contain knowledge and growth for yourself, because then it would become a selfish act.

Les: Of course it would.

So I have to say this to you: All knowledge that you gain upon this Earth, will be taken with you and of course, when you come *home* to our side of life, your natural response when you have chosen your rightful place, will be to help others, who have less knowledge than yourselves.

Les: Because I remember some time ago, you asked us most definitely, to give our thoughts when we say our prayers, to those on the other side, who are in need of those thoughts.

Yes, all too often it is asked of you, that you think of the people on this planet, who are in much need of help. But did I not say, remember also those in our world, who are striving, who are lost and are also in need of much help.

Les: Yes you did and I have been trying to further that by thinking as you asked us and that is what puzzled me, when I was told we don't always go over, because what would be the point of asking, if those thoughts can't be used?

Yes. You must, my dear friends, if I may say so, if you have — I will not say *'doubts,'* because of course, only goodness can be within this room, but there can be given by some, a little confusing information. If you are in doubt, question please.

Les: Yes, this is why I have done so now.

Yes, please question the one who is giving you the information.

Les: Yes, I'll do that in future.

Always I have said to you my dear friends, whatever we give you in ways of knowledge from our world, if you feel that you cannot fully accept, then do not, because it means you are not ready, or that the information coming, is not the full extent of the knowledge. After all, I believe I have told you that only knowledge can be given, by those who have grown so. But remember, there are many stages of development within our world, as there are here.

Les: Yes, I wouldn't suggest for one minute that the information was deliberately misleading, ***(No.)*** but as you have said, they can only give the information or knowledge, to the degree to which they themselves have learned.

It may be the informant thought that was the correct way. It is not that they mean to deceive, because that would not be allowed. It is only that the informant is young in their growth. That is why my dear friends, there are so many misconceptions about these spiritual matters on your planet.

Les: Yes, there are many, aren't there?

And we are trying now and there will be no going back, because the time has come, when this planet must at last know the truth and hold onto it. In the past, it has been given to many, but it has been denied.

Les: Right. I was puzzled because even though we may physically be aware of it, I'm pretty sure that because of our outlook and our wish to help others, that part of our spiritual self, would be allowed to go into your world and help, because of the sincere desire to do so.

That is the most important word you have used this time, the *'desire.'* If you have the *desire,* then you will be allowed to use it.

Les: Yes I'm sure — Thank you for that, it's given me a lot of comfort, because to me if it hadn't have been permitted, then a lot of what we all would wish to do, is just being revolved into negative thought.

You cannot waste knowledge, you cannot waste truth, you cannot waste the *desire* to help your fellow man! That is the purpose of your living.

Les: So all of us here then can be happy in the knowledge that if we do ask for the ability to help those in your world as you requested some time ago, then the opportunity will be given us, because we sincerely wish to do it.

Of course. *(Thank you.)* **I can tell you now, that the few of you within this room, already are doing just that.**

Les: Good, that is nice to know.

Although you may be unaware of it, because when you come to our world in your sleep states, then you are not being idle; you are given opportunities, which are there to be used. After all, in the body's sleep state, is the time for the soul to be active. You understand?

Les: Yes, that's very comforting to me and I'm sure it is for all of us, isn't it? *(General agreement)* Yes, thank you for those answers. Would anyone else like to ask a question?

George: Yes, I think there are a great number of us, who would like to have done more for some of our relatives who have passed on, who we've known rather well. And it's a very comforting thought that it isn't too late, one can still help them.

Yes. If only people who are left behind, who are grieving so, if only they had the knowledge that they could but help those who have gone on, to leave those loved ones behind, in order that they can go forward — so much more, so much more happiness would exist within your world. After all, the grief and regrets of you upon this earthly plane, I have to say, can be responsible for grief in that loved one who has gone to our world, because of your distress. Let them go, be happy — but of course, it is in the nature of the human being, to feel sorrow, to feel lost and alone. But what you should not do, is to hold

onto that grief, for any considerable time. You understand? *(General affirmations)* **But of course, you can help those loved ones as they too can come to you and help you, if they so desire, because you see, their knowledge becomes so much greater — they see the wider scope of life before them.**

Les: Yes, I of course, have felt times of loneliness, but on the other hand, I have on several occasions over the years, had wonderful reunions on the other side, I know. ***(Yes.)*** And I have come back absolutely uplifted, because of them, ***(Yes.)*** and it's a wonderful experience.

Yes. Mankind has to — I do not like the word *'suffer,'* but mankind has to experience the gamut of emotions. How would you recognise happiness, without the sorrow? You always have positive and negative energies to deal with, whilst you are on this Earth. So if you recognise them as such, it will help your passageway through this life, to be much easier. You are most harsh upon yourselves, my dear friends. You allow sorrow to engulf you, unhappiness to eat at you, distress to upset you — so many emotions that are destructive to your soul. May I suggest to you, that perhaps with qualities, that you pick one of them and consciously work with it, to see what you can achieve? Do you understand what I try to say?

Les: Yes, because of that recognition, out of that destruction of the negativity, we are of course, automatically increasing our growth potential, aren't we, by that fight?

Yes. You will dispel the negativity and return to the harmony, which the soul requires.

Les: And having won that battle for ourselves, automatically, we are able to radiate the benefit of what we have learned, by so doing to others.

Of course, because then you become, my friends, like a mirror of them. In seeing you, they can begin to see, what they also can achieve.

Les: Yes I must admit, it's very difficult to get it through to some of them.

I would like you all — I know I have told you before, but I wish to say it again, that you are emissaries for Spirit — use it wisely, be guided and you will have those opportunities placed before you, in order that you may help others, in their seeking of what life is about. And there are many I have to tell you, who are lost in this world, who know not which way to turn. They are not fortunate in the knowledge that you have, but within each one of them, is that spark of life, which is waiting to be used and to be helped, in order that they may too, may go along life's pathway, as they have chosen.

Les: Yes, I must admit, I have one — and I'm not mentioning names of course and I'm trying hard to do that and frequently I would love my physical reactions to take over, but I'm afraid your teaching always gets in the way and stops me doing it! *(Laughter)*

Ah! We do indeed have some growth, do we not? *(Chuckles)* **That my dear friend is an achievement, if you can at least recognise that there is a problem.**

Les: Yes I'd love to let the physical reaction come out, but as I say, your teaching always stops it. *(More chuckles)*

I will say, I commend you for your actions. It heartens me to hear these words.

Les: I still keep trying.

We cannot ask for more of you, we know that these *'problems'* as you call them, beset all of you. But I know I see the light that comes from you all, and I know your potential and your love are there for all to share. Do not deny it, because if you do my friends, if you do not recognise the opportunities given to you in this lifetime, there will be many regrets, when you come to our side of life.

Les: Yes I'm sure there will be.

But my dear friend may I say, continue to try hard.

Les: Yes I shall have to you don't allow us any option, you know. *(Chuckles)*

We will be close by next time and help you in your task.

Les: Thank you very much.

And I do not wish to hear the words, *'I am only human.'* *(More laughter)*

Les: I promise I won't say it. That's no longer an excuse, after what you've taught us.

No, you cannot return to those words and not know within your hearts, that it is indeed an *excuse*.

Les: Yes it would be, ***(Yes.)*** thank you for reminding us.

I will my dear friends, leave you this time. I hope you will continue to discuss amongst yourselves what we have been talking about and I ask that I may have some quietness this time, with this instrument, before you close this meeting.

Les: Yes certainly.

My love is always with you. As always you are surrounded by goodness and light. And so my friends, until we come together again, I will leave you now.

Les: Well, from all of us thank you for a wonderful evening once more. *(General agreement + fond farewells)* God be with you.

After a quiet discussion, another came through Eileen, bringing relaxed merry laughter and a message/advice for Margaret about her knee and also her eye, before we closed for tea and biscuits as usual.

~16th November 1998~

There was no Salumet this time but another came through Eileen, who was able to explain why Salumet could not join us this time:

(General welcomes — our guest had an old-English dialect)

Les: Are you joining us tonight, instead of our usual friend?

Well, you've taken the words out of my mouth.

Les: I'm sorry.

Yes, I've come to tell you, they won't be with you, whoever that might be.

Les: That's a pity, never mind. I'm sure there'll be some other work done.

Ee, I can't get over how hard that was.

Les: Have you not done it before?

No.

Les: Well, congratulations anyway. It's always a bit difficult the first time, I'm sure. But you've managed it, that's the main thing.

Aye, aye I have. Now then, yes — ok ok — my goodness some people are impatient. I've only just got here and they're hurrying me back.

Les: Yes they don't let you waste time, do they?

— Because you've been not quite fully fit, it's being said that the one expected, will be with you next time. So everybody here this time will have something. *(General thanks)* ***They should all have something to tell you.***

Les: One question I would like to ask: You said that because I'm not fully fit, how would that affect our friend coming.

Yes — let me ask — Yes because quite a lot of your own energy is used.

Les: For him?

Yes.

Les: I see, I wondered if that might be it, but I didn't want to presuppose that that was the reason.

Although it's taken from all of you I'm being told, you provide a large part of the energy.

Les: I see, well that's quite understandable and thank him for his consideration.

Yes, but he'll be expecting you next time so — all right all right, they are saying I've got to go.

Les: That's a pity. I hope you've enjoyed your short stay anyway.

Very much so, though I didn't realise it would be so difficult.

Les: No, well perhaps you'll visit us again in the future? You'd always be welcome.

Well with permission, perhaps I will. *(General goodbyes)*

There then followed a lovely Sister through Eileen, with some advice and wise words: (nice gentle ringing voice):

What a wonderful glow there is here.

Les: Good, we're often told there's quite a lot of light.
Yes indeed, most beautiful it is too, most beautiful.
Les: Thank you for telling us.
May I give you my dear one, some gentle and loving thoughts, from one who comes to me often and who has my own given name. I hope it is recognised by you, it is Veronica.
Les: Sister Veronica, yes!
She comes to me and teaches me in many aspects of my living. My purpose here this evening, is to give to you her much love, because as you know, because as you know she has moved on.
Les: Yes she's a very old friend of ours.
Yes she has been aware she has told me, of your recent illnesses and she wished you to know, that although she has been far from you for some time that the memory is ever close to you.
Les: That's very kind of her and I do appreciate it. Will you thank her for me please?
I will and I have come this time, to bring a little upliftment to one of your ladies — the lady who is at the far corner of the room, who is in need of a little cheering this time.
Les: Thank you, that's you Sallie.
Sallie: Mmm.
Yes, she is surrounded I might say at this time, by one of those sisters, who works with me. The lady I believe is unaware of Magdalena, but I am here to tell her, that in times of need, shall we say, that Magdelina is around her. If she will think of her, she can be much uplifted and much given to her.
Sallie: Thank you very much.
She is trying very hard to make herself known to you, but at this time, because of conditions around you, she is unable to do so.
Sallie: I will try talking to her and see if that helps.
Yes yes, she if I may say so, is a wonderful soul. We admire her greatly for the love that she exudes to others. She is an inspiration, not only to people in your world, but also in ours.
Les: It's very, very nice to know that she is with us to that degree. And we do appreciate her thoughts and her help.
She finds in this young woman, much potential that could be worked upon. That is why she has decided to make herself available to you.
Les: Yes the lady has been told before, that she has a lot of potential, which is ready to be used.
Yes, I think I would be permitted to add, that most human beings, use only about 10% of their potential.
Les: Yes, I'm afraid they do.
It is a pity is it not?
Les: Yes I agree with you absolutely. We are frequently told that we don't use nearly enough of our potential that we should and are capable of doing. We keep letting our physical requirements interfere, with the need at the time, to develop our potential.
Yes, if only you could adapt your lives, to a more equal amount of time, in service to your Spirit, then much would be better, within your world.
Les: Yes we are frequently told that and we find it difficult of course, within our very busy physical lives, because of the demands of the physical beings, to give the time.
There are always problems in many ways, no matter which way your life unfolds. I devoted my time in prayer and in what I would say, reaching out for God. But now I have a wider view, I can see that I missed out on much of the everyday things of living.
Les: Yes that is the problem isn't it? If you give yourself too much to the devotional side, then you do miss out on physical things, which are necessary for a complete learning, of the reasons why we are on this Earth, at this time.
Yes, but of course it was my choice, but I will tell you that my next return, will be much more fundamental, in the ways of everyday living.
Les: Do you think that you'd have to return again then or are you wanting to return again?

I have chosen, not yet, but at a time that I will return, in order that I may fulfil those earthly tasks, which were missing in my lifetime.

Les: Do you think those tasks you will have to perform, for your own spiritual development, do you?

Not only for my own, but for those I will be in contact with.

Les: I see that's interesting, because you've just confirmed what we've been told on a number of occasions, about returning to this Earth, but not solely for our own purposes.

Never can you be so — what is the word I am looking for? So insular, that you cannot be alone. I have to care for others, how else could you grow? That is the purpose of living.

Les: So you have already decided that in some future time, you will be returning to the physical Earth, to complete the tasks you missed?

Of course, but more importantly, I will be helping another one in particular. I cannot give you more detail, because it is something that is ahead of me.

Les: Yes, does it not worry you sometimes, to think that you have made a decision, for the development of yourself and others, but when you come back to the physical world and acquire a physical body again, you will have forgotten the reason, for which you chose to return?

No it does not worry us, because that is the condition of a new incarnation.

Les: So you accept the condition?

We may not always be completely happy to return, but we know and we fully understand that it is for our own growth and our own development. So of course there is no force to return, the main pathway of all living, is left to the soul. Does that make sense?

Les: Yes it confirms what we've been told quite frequently. Going back to our own problems of being able to give more time to the spiritual development — I think one of the disadvantages for all of us, is that even though we might be able to give time physically, our brains are so active that they are preventing our minds giving the quietude that is necessary, for that period of silence.

Yes, but I would have the advantage I feel, that I have previously lived in solitude. Therefore hopefully I will carry that attribute if I may call it that, with me to another time.

Les: Yes that is possible, isn't it?

It is more than possible, it will be probable. That is why it is important that each individual strives to their utmost, to use the potential within them.

Les: Yes I quite see your point. But of course we come back to the difficult fact of reconciling the demands of a physical life, to that of spiritual growth.

Yes I have to say, I feel that that is possibly why we return on many occasions, because we do not devote enough time to developing that spiritual side of ourselves, whilst we are of this Earth. That is my thinking of course — I do not speak for others, but that is the thinking that I have reached, at this point in time.

Les: Yes that's interesting and you found your period of solitude while you were on Earth last time, you found it of help to your progress now in the next world?

Oh yes of course, I have no regrets on the solitude, but I did have some regrets that I did not see more of the earthly living. But the choice was mine.

Les: And one can only go by one's own choice, because interference is not allowed in any way shape or form, is it? You must choose your own path?

That again I would say, is where your free will comes into action, because of course when I look back over that time, I can see many times, when I could have been persuaded perhaps to look a little further, and I declined. But the opportunity was there, do you understand?

Les: Yes I do

But because I had chosen that way of living, then that is what I stuck to. So who can I blame? You must my dear ones, remember that everything within your lives, you are responsible for. Whether you are aware of it or not, you are responsible.

Les: And we have also been told not only that we are responsible for our every thought and action, but in many ways, we are also partly responsible for the thoughts and actions of others around us.

You have influence upon others of course, in the way you conduct your lives. Yes you must also accept that responsibility. That my dear ones, was something I found very difficult to accept when I came here, because I thought that my solitude, my reaching for God, was so all-encompassing, that how could I be responsible for other people? I had a very sharp lesson indeed on this and in fact may I say that the dear Sister Veronica, as you know her, had much to teach me along those lines.

Les: We all find it very interesting that you should say that, because only a few meetings ago, another person who had spent much time in solitude and contemplation, was also very surprised when she came to your world, to find that she certainly did not have the place in your world, that she thought that her devotions entitled her to.

Yes, that perhaps is a lesson for you all. You should never assume that you have reached such a state, that you are entitled to anything. My dear ones, I have to say that you may be disappointed, if you think along those lines.

Les: Quite possibly, because who are we to judge what we are deserving of, or what we have earned?

You know not what lies within another's thinking, another's heart — how much hurt you may have caused a fellow man — you know so little in fact, when you live in this world. You may think you do and I have to say dear ones, that many are shocked by their own behaviour, when they think they have lived an almost perfect life.

Les: Yes I can well believe that.

So if you would accept a little advice, always ask for help, in the direction of your thinking. Do not have any preconceived ideas of any entitlement, for who are you to?

Les: No, you're quite right.

Accept what is given, strive to do your very best, seek that solitude, because I have to say, it does bring you closer to our world, and allow those who need to come to you, to be closer.

Les: Yes I quite see it must help them, to be able to cut through the mists and the turmoil, which surrounds us all, in this world.

But if I may finish with a few more words my dear ones, I would say only this to you: Do your best with loving hearts, try to control any thinking in the way of good thoughts, and you cannot do more. We see too often, especially those of you, who have some little knowledge of our world — we see you berate yourselves, when it is totally unnecessary. You bring upon yourselves worries, fears, depressions and all kinds of negative ways of looking at life.

Les: Yes we have been told that quite a number of times too, that we are too harsh on ourselves.

Yes, be kind to yourselves, because unless you are kind to yourself, how can you be kind to any other?

Les: No, you're quite right…then of course we ask ourselves, if we are going to express kindness to ourselves, how do we avoid doing that too much, to the extent that we might be self complacent and arrogant, in our thinking of ourselves.

That would not happen, unless you allowed the ego to come forward too strongly.

Les: Of course that is something again isn't it that is difficult to avoid, it's a constant battle.

No, I think within each one of you, there is an innate knowledge that would tell you so. No, there cannot be enough kindness. There is a difference between kindness and self-indulgence.

Les: This is what we all wish to avoid of course.

Yes, that is why I say, there IS an innate knowledge, if you would but call upon it. But now my dear ones, I have spoken long and I must leave you now.

Les: That's a pity, because we've enjoyed your talking to us and your lessons.

I hope that they have been constructive for you. But I must leave now and allow others to come forward. I have been most pleased to have met you all. I have much to learn as you also have much to learn.

Les: We certainly have that.

But I know that the one who has brought me here, who has travelled on, is indeed a soul of much knowledge and I feel privileged that I have been allowed to carry her message to you.

Les: We are very grateful to you for doing so and you go with our love and our thanks.

One followed through Eileen, bringing messages through from two others. The first message was from someone called Agnes, with a message for Les, that his wife had been around him a lot this week and that he needed vitamin K. The other was called Malcolm, saying that Les had helped so many people, and they wanted to express their thanks — he also said that Les had another grandchild on the cards.
The evening finished with one through Sue, who reiterated further about the many people who wanted to express their thanks to Les for his help over the years and to close the evening with love and light to us all — ***to keep looking to that light, and all our dreams will come true.***

~23rd November 1998~

This meeting gives some very good pointers as to the keys to inner silence/meditation, as well as giving us further encouragement to bring meditation into our daily routines:
Good evening. *(General welcomes)*
It is good to be with you once more.
Les: Yes we missed you last time — we do understand the reason, but nevertheless we did miss you.
It is always our purpose to look after those of you who help us. So my dear friend, I hope that your health this time is much better.
Les: It is very much better thank you and thank all your colleagues for the help they have given me. I have been very much aware of it and I do appreciate it.
We need no thanks, but I know that each one of you is ever grateful for any help given to you. I would wish to give a welcome to the one this time who has come to visit us.
Anne: Thank you.
Because some of our members are absent this time, I will not discuss the topic that we talked about some many weeks ago. I would wish that all were present before we embark upon that subject. So for this time, I will take any questions you may wish to bring to me.
Les: Thank you. Does anybody have a question? *(Pause)* Right, well I'll start as usual then: You have told us many times about the power of Thought, but I think we all find it a little difficult to understand the mechanics of the power of Thought. For instance, we are using physical brains, which presumably is acting on physical impulses, but the power of thought to which you refer, must of course come from the spiritual ability to control the thought. That is what you mean isn't it, from a spiritual power?
Of course without spirit, there would be no physical being.
Les: Of course not. So if we — and it would be commonly asked I expect, if my colleagues could speak of it — how do we ensure that the power of thought that we are using, can have its affect upon the physical body? For instance, if we are sick, we presumably would all try and cure ourselves physically, by the power of Thought. But that we know would be operating through the *spiritual mind* and from that, to the *physical brain.*
Yes I understand, let me say this to you: As you meet with us in the states of meditation, you have to allow the spirit to come forward, do you not?
Les: We do indeed.
Therefore when you are giving healing, or self-healing, you must first reach that state of attunement, with that spiritual aspect of yourself — that must be your first task. Without that attunement, the thought is from the physical thinking, which can act on its own, but needs the spirit to activate it in the sense of its *being*. Do you understand?
Les: Yes I do, it must have that extra power, in order to be effective.
Once the attunement with your spiritual self is active then the physical brain will automatically follow in that thinking. Is that clear to you?
Les: Yes, does everybody understand that sequence of events? *(General agreement)*
Without the attunement of spirit, then the physical brain will of course continue to have thought, but they will be random thought.
Jackie: Are we all capable of doing this?

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

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

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

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

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

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

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

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

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

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

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

Yes. I have to say that as a whole, you *have to* give of your time each day; it will not work for you, if it is spasmodic in timing, you must make it a part of your daily living. After all, what is more important, physical living or spiritual growth? You all know and understand why you have come. What is important about your daily living? How can you be helped by those who come so close, if you will not allow them

too? How will you come to know yourselves better? You cannot, if you do not give of your time. This is not a criticism my dear friends, but these words are given, in order that each one of you may help yourselves.

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

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

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

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

Les: Yes, I can understand what you mean, because as I said I do too. Perhaps I should have said, it might have been clearer if I'd said I can FEEL the silence, I FEEL the power around me approaching — it's difficult to explain, but if you can enter into that state of FEELING what is there, rather than trying to UNDERSTAND what is there, then you are well on the path. Does anybody else get that feeling, that Margaret has described?

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

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

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

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

I would. Of course you must once again — and forgive me if I seem to remind you so often — you have to remember that the spiritual aspect of yourself, belongs to no *time* — *forget time.* Again we will speak that your yesterday, your today and your tomorrow, coexist in Time. So in tuning to our side of life, remember that Spirit is *timeless.* Perhaps this will help you a little.

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

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

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

What is best for you my dear friend — there are so many misconceptions in your world. I feel saddened sometimes, that so many of your peoples are being taught, in ways of — shall we say *'Spirit,'* when in fact it is *organised teaching*, and you should remember that it is such. Of course I will say guidance is helpful, but remember that each of you are *individuals* — remember this always, because you come to

this life as *spiritual individuals* and you lead your *lives* as individuals. So therefore you must find that pathway that you have chosen, in your own individual manner. Of course be grateful and thankful that there are those in your world, who are able to guide and to help you, but beware always, of those rules and regulations.

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

Paul: Yes.

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

Sallie: I understand it. I can't answer the question, apart from what Salumet said, about the fact that while we are on this physical plane, it is the stronger force for us. And even though we understand spiritually, when it comes to a *competition of wills*, for want of a better word, we are physical beings and the draw physically —

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

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

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

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

What is the difference between the understanding and the doing?

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

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

Salumet begins again:

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

Sallie: Yes I do.

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

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

Yes, do not place too much emphasis on gaining too much at one time. You have before you, not one lifetime but many, in experiences. Therefore my dear friend, take one step slowly at a time and the time will come, when not only your understanding, but the actions that follow, will fall into place. I feel my dear friend, that you are too analytical, in your own pathway of life. What I would suggest for you, is that perhaps you *think* less, think less and *do* more, in the way of *silence.* *(The instrument — Eileen then coughed)* **I will take my leave this time, because of the little problem with the instrument this time. I thank you all dear friends, for listening. Know that I am always here to help you, as are so many others.** *(General thanks)* **Until we come together once more my dear friends, I encompass you all in that spiritual light, which holds you dear to us.** *(General thanks)*

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

Les: I try not to think, I accept that I am being drawn in, to a power that surrounds me — not engulfed, but I'm being drawn into it and become part of it. One can hear the silence, or rather, one can feel it. That is I think, for me anyway, the way I find most satisfactory —
Sallie then talked about how her Yoga sometimes helped her get into a peaceful state, conducive to meditation. Les reiterated the importance that was being placed on it at this time in the group…it's not a suggestion, it's a legitimate request for your own development and until you accept that, then you've got that blockage ahead of you all the time.
Sarah: One problem I have Les, is that if I sit to try and relax, I nod off.
Les: It doesn't matter, by nodding off you are subjugating the physical aren't you? You are letting the spiritual take over. So don't worry, I know I do sometimes. When I go to sleep at night, I know I'm going to dream, but if I sit down in the morning and an hour goes sometimes, and I haven't a clue — I just go off — not a dream, not a communication — I think I've only been there a couple of minutes. So don't worry about nodding off.
Others voiced various worries/queries, but the general idea, seemed to be that you had to just put in the time and whatever occurs, as you learn to still those thoughts and find peace, is part of the learning process…you just have to make the time, in order to progress.
There then followed one through Sue:
Can I say something please? *(Yes please.)* ***It is just a small thing, but it might help. When you suffer from human coldness and you shiver, you wrap yourself around with something, a cloak, a coat, a blanket, do you not?*** *(General agreement)* ***Try to think of wrapping that around you, and you feel warmth, do you not? It comes from within, and the shivering stops. Try and consider the Spirit as an enfolding cloak and warmth that you feel and the comfort that you get from it, is SPIRIT. Can you understand a little of what I mean?*** *(General affirmations + thanks)* ***Warmth, comfort, love of the Spirit — it is all one and the same. Forgive me for intruding upon your conversation.***
Les: No, thank you for the suggestion. *(General thanks and farewells)*
There was a little more general discussion, before we closed.

~30th November 1998~

Good evening.
All: Good evening.
Les: I'm sorry we're three people short again unfortunately.
(Eileen had a tickly cough and some adjustments were made) **Thank you for your patience. You may find that adjustments with this one may be necessary at sometimes. It is nothing to be concerned about — we will take care of it.**
Les: Yes, thank you very much, I'm sure you will. I hope it doesn't inconvenience you too much.
Now we know that it is difficult at times, to have full attendance at these meetings. So this time I will speak to you about a subject which we promised to speak about and that of course is what you call Reincarnation. It would have been better if all had been present, but we can return at another time if necessary. *(Yes.)* **Now, I know there were many questions waiting, when last we touched upon this subject. Now is the time for it to be aired amongst you, in order for you to see more clearly what this is all about. Would someone like to ask the first question, upon which they are troubled?**
Sallie: Well with reincarnation, from what you've taught us and what I think I understand, we choose to come back, not exactly the same way, and we choose our parents and our situation, which is best for us to work on whatever it is we have decided we need to work upon. Somehow, I've got the feeling or the understanding that when we come back to work on that, we almost continually bump into other facets of ourselves, or those we've known before. My language is a bit crude on this, but you probably know what I mean?
Yes, yes, this is — I will not say a problem for you human beings, but it can create within you, obstacles in your living. They should not, after all there are many aspects of yourselves, which coexist in your daily

lives. This is something we need to enlarge upon at a later date, but you are aware that you are not a single entity, you are not alone, you are many parts. Therefore it would not seem that it would be unacceptable for those aspects of yourself to encounter the human form, in any one lifetime. Do you understand?

Sallie: Yeah, I think so. Is it feasible that there's always a desire for those aspects of oneself to come across each other, because of that feeling of unification?

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

Sallie: Yes, thank you.

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

(Another sitter then began coughing)

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

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

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

Sallie: Sometimes in that silence, and when it's very, very clear, as you say, and you come back to physical thought, I can almost feel quite ridiculous, in what I think I'm supposed to be doing, because it seems such an honourable task.

Yes, but of course, that feeling belongs to your physical thinking. *(Yes.)* **You must try to separate your physical thinking, from your spiritual knowledge — there is a great difference. You are beginning to recognise it, but you punish yourself far too often.**

Sallie: I'm afraid of doing harm.

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

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

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

Sallie: Yes, thank you.

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

You cannot separate your *physical* thinking, from your *spiritual* thinking, whilst in these bodies. We have touched upon this subject before and you all found it confusing I know. Whilst you are in these human forms, of course your physical thinking has a great deal to do with how you react, even though the

spiritual part of yourself, has greater knowledge. Remember that within these human forms, you also have been granted freewill. The one interacts with the other. You cannot whilst you are in these forms, separate them. The thought, which is the spiritual thought-form, can create goodness, or it can be discarded, by the physical thinking. Do you understand this my friends?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Les: Our own spiritual desires, yes.

Yes, I point that out to you. You would recognise, when going into the silence and meeting all aspects of your soul, that you *know* the correct pathway that you should take. *That* is why it is most important each one of you feels responsible for ones own soul's growth. You dear friends, have that great

responsibility. We can help you if you allow us to, we can guide you if you allow us to, but of course I say again, we cannot interfere. I hope this has clarified this for you?

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

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

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

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

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

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

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

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

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

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

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

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

Sallie: I don't know.

Les: I forget, but it sticks in my mind — some well-known author and it's quite true and with the teachings we're getting here, that should be of paramount consideration, always, that we are part of a whole, we are part of the creative energy. So how can we be separated? We cannot.

This is what most find difficult to accept. They see themselves as human forms, if you like with the spiritual aspect, some vague thing, that belongs to them. Instead, you should be looking my dear friends, at the other aspects; you should be Spirit first and foremost. The physical being is the *lesser*, remember this always. It is a convenient vessel for your soul, in this *one lifetime*; that is all. Try to keep this in your minds.

Sallie: Salumet, would it be logical then, or correct to think that every time we go through this lifetime, at the moment — I don't actually want to think about the others, because this seems to be quite enough for me at present — we just go on to a slightly harder or more complex task, because we perhaps mastered or understood another step along the way. In fact it doesn't get easier, it probably becomes harder?

You are partly correct, but again you are approaching a deep subject here. I do not wish at this present time, to follow that pathway. Yes, it is something to think about, that when you have mastered so much, you assume as physical beings, that it becomes easier. You are right in your assumption, that it in fact becomes more difficult.

Sallie: I thought I might be.

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

Sallie: Okay, thank you.

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

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

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

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

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

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

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

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

George: Yes, thank you. I suspect it has to do with emotion — thank you for your answer.

You can of course have emotional blockages within your physical lives and these can be carried forward from previous times, but we must not make generalities, because each one of you is an individual. You cannot assume that every illness has the same cause, do you understand this?

George: Yes, thank you for your answer.

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

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

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

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

Of course.

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

Lilian: That's a good idea.

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

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

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

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

Yes, you must not look upon illness as something tragic, that is where you go wrong. So soul has chosen for whatever reason, that way in their lives. I know this is a most difficult subject for you all, it always has been and still mankind finds it difficult. How many people have you known on this earthly plane who are stronger because of illness? *(Emphatic agreement)* **Can you not see that that strength, is a spiritual strength?** *(General agreement)* **So the soul has grown *because* of that condition.** *(General agreement)* **So do not always look upon illness, as being something destructive, it is not.**

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

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

Sallie: There's different sorts of pain though.

Yes, of course, but a lot of what you call *'pain,'* belongs to the physical being and not the soul. That is the choice made within the human form. The emotions belong to the physical, and I would say mainly, that human beings suffer emotional distress, because they are not listening to their own selves. A lot of what you call suffering, can *not* be left unattended, but for much of your suffering, it is unnecessary.

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

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

Sarah: Yes it does, it gives you strength.

Les: I think we constantly make the mistake of thinking of the one aspect of a person suffering, instead of trying to remember, that we cannot know as Salumet says, the reason for that and what it's effect is going to be upon many others, who the soul is probably trying to help, by accepting those particular disadvantages or difficulties.
Sallie: Ultimately though, why are we doing all of this, because ultimately we come from that original loving Source, ***(Yes.)*** so what's the point of all this, why can't we just stay with the original loving Source? Why are we doing this?
Why are you living?
Sallie: Mm.
Because to obtain soul's growth, you have to experience both positive and negative energies, to become pure. Again, my dear friend, you touch upon deep matters, matters which you could not possibly understand, that you would need aeons of your time, to begin to understand. Remember that the all-creative force is energy, energy in both positive and negative senses. But to attain that purity, you also have to experience negative energy, and that is one purpose of human living.
Sallie: When we've done that, I'm sure you're not going to answer this really — it's probably not the right thing to do, but when we've actually done that, what do we do ultimately? What's there at the end of it all?
My dear friend, I cannot answer, because I have not reached that point and I know of no being, but again, I use that word *'being,'* reservedly, because you reach the state of *'non-being'* — in ever reaching out to that creative force, you are going on a journey, that is as yet to me unknown. So I cannot answer you that question. Is that helpful to you?
Sallie: Thank you, yes it's only my physical frustration. ***(Yes.)***
Lilian: I can understand, I've thought that too. *(Chuckles)*
Sallie: It's not my Spirit, it's my physical irritation, at the thought of doing this for such a long time and am I ever going to get anywhere.
Les: You could ask what created energy? What created the Great Creator? We shall never know the answer Sallie.
Sallie: We all did I think, didn't we? We're all part of the same thing?
Les: Well, as has been said yes, and when Salumet says about going home, we go back to our origins in creation.
Sarah: Could I ask one more question? Salumet you said you've never been a human being. How do you get your negative experiences?
I have said I was a conglomerate of beings. That is a most difficult question to answer. We are a form of energy, not used as human form upon this planet. But our knowledge is such that it is extensive, in knowing what is happening, on not only this planet, but on many others, within the universe.
Les: Alright Sarah? *(Yes.)* To simplify that if you wish, think of an artist — a 'master' as they're called in painting. How can he tell you of his knowledge or his ability to create those marvellous pictures? He can't, he can only do as Salumet is doing, to do it in another way, try and illustrate, what he is feeling or capable of doing or passing on. You see the finished picture. Do you follow me? *(Yes.)* But you cannot know what activates that man or woman, to produce what they want you to appreciate and enjoy and to learn from. Does that simplify it a bit?
Sarah: Yes slightly, it's just that Salumet must have been at a lower level than he is now.
Les: Why must he? He needn't necessarily have been on any level that's known to us. You see we're thinking on physical terms again, which we must not do. Accept that there is an existence, an existence far beyond our comprehension, but just accept it.
Sarah: Yes, I obviously had a wrong concept of it, because I felt that once we'd broken away from that *home* as it were, you came down and had to work your way up, to get back there again.
Les: No we mustn't think like that, because it may never have been so.
Sarah: Right, so there are many ways of —
Lilian: Of reaching the same source?

Sarah: Yes.
Lilian: Many pathways?
Sarah: Not so much the pathways, I mean I know we're humans and we live on this Earth and there are other people who live on other planets, but I didn't realise that there were beings who were totally different.
Les: Well look at it in another physical way then. You know how radio programs work from radio waves in the ether? *(Yes.)* How many of those exist and of those that exist, how many are used?
Sarah: Yes.
Sallie: It's a bit like our brain, isn't it? We only use a certain percentage of it. *(General agreement)*
Les: Right, I don't know if Salumet wishes to say any more?
I find your discussions most interesting, but for this time, I must leave you. *(General thanks.)*

~7th December 1998~

Good evening. *(General welcomes)*
It is good to be with you again.
Les: It's certainly good to have you. I think I can say that we all look forward to these evenings very much indeed.
This time my dear friends, I would like to discuss with you a subject, which I promised to return to some time ago. *(Thank you.)* **It in part, follows our discussion last time, but what I wish to talk to you about this time, is what you call Regression. Do you remember our short talk come time ago?** *(General agreement)* **There are many disputes in your world about this subject, so I think this time we might answer some of your most pressing questions. Although as you know, each one of you has the choice of returning to another lifetime, and many of you in this world, have returned many, many times, you also know it is not always so. So let us speak a little bit about what you call *Regression.*** *(Thank you.)* **Do not assume my dear friends, that when you are under this regression time that you are absolutely returning to past lifetimes — it is not the case. Indeed there is not much difference than any communication between any instrument upon this planet. That is not to say of course, that returning to a past lifetime is not possible — it is, but the dispute within your world is this: That you assume that any information from past times must automatically be a past lifetime of each individual.**
Les: Yes, you are quite right, that is the general assumption, but I have never been able to accept that myself.
Well, I would say to you my dear friends, hold on to what you feel, because you are partly right, I would say. Regression is possible, but there has to be a purpose for it.
Les: Yes, I was going to ask that question.
Well, let us now begin with your questions, now that I have outlined for you, the generalities shall I say, of this subject.
Les: Yes, thank you. I have never been able to accept the fact that automatically the information given by a person under regression, would be that pertaining to a past life, because there are so many improbabilities, that I don't see how it could be. Also in my thinking, the power of thought of the person responsible of the regression of the 'patient,' shall we say, that thought could also I think intervene in the information being given.
Yes, of course once more we return, do we not, to the power of Thought? *(Yes.)* **And yes, you are correct that sometimes the person who is doing this regression, has influence with their thoughts. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. Of course what we hear then is, *'But it is so vivid.'* But is not any communication between any medium upon your world when contact is made within ours? Then of course *that* becomes reality at that moment in time; always bear this in mind. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, *one* past life, not many, for the purpose of freeing their soul, in order that their life this time can be helped. That is the**

only purpose in being shown any past life, to, shall we say, *'unblock'* any emotional or spiritual blockages that have been taken from that past life and is hindering that soul, in its pathway in the present time. Does this make sense to you?

Les: Yes it does and I can accept that absolutely, but that presumably would only be permitted under certain circumstances, if the information was in fact for the benefit of the progress of that soul.

Yes of course, any spiritual, any emotional blockage which the soul would sustain into this present lifetime, then of course that information would be permitted to help the soul.

Les: So that would be parallel to what you have told us about being counselled before we return to any life on this Earth? You did once say that we would receive counselling as to the best physical return we should have.

Each soul knows and understands what it's life's journey is about, but sometimes the soul is unable to free itself from spiritual blockages, emotional blockages, which have occurred and belong to the soul. The soul brings it with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime, whilst it inhabits this human form. Is that clear to you? *(General agreement + thanks)*

Les: Which leads me to the next question: If it is only permitted on certain conditions, would I be right in thinking that other information, which is supposed to be coming from a past life, could in fact be communication from your world to the person under regression?

Information given of past life, of course is monitored from our world.

Les: Yes I thought it must be.

Of course we have to protect the soul; that is another point you must take council with. Yes, you must remember the soul's progress is what is important. You could perhaps place a parallel with your healing — only those who would be allowed to be freed from illness, would secure what you term a *'cure.'* It is on the same parallel, only those souls that are permitted to be freed from illness would be freed; the others would remain, because that is the pathway they have chosen. Does this become a little clearer to you?

Les: Yes it certainly does. Does that mean then that if somebody from your world wished to give information to the person under regression that would be equivalent to one of our physical beings here, being used by somebody in your world and then being given information, which *they* can give us — so much which is supposed to be coming from the regressed person's past life, need not be so?

In the true regression, where permission is given, I would have to say the information is given from another aspect of the same soul. It is slightly different when you speak about healing and other matters. Although the information for the help comes from our world, it is not necessarily in those cases, from the same aspect of soul. Do you understand this, or am I confusing you?

Les: No, because it rather confirms what I have suspected to be the case, that a person under regression, is, to my way of thinking, equivalent to a person in the physical world, allowing themselves to be taken over ***(Yes.)*** and pass on information given from your side, which need not necessarily have anything to do with their own past lives. Is that correct?

That is correct — that is the majority of cases that you call regression.

Les: Thank you for confirming that. I have suspected it for a long time, which is why I have always been opposed to so-called regression being considered as such, because to me it is merely another aspect of mediumship as demonstrated at these meetings.

Yes of course, but you must not say, *no* regression to past lives do not exist. There are genuine cases, but the majority of the cases, you are correct, they are receiving information, but it does not belong to that soul.

Les: Now, we come to a most difficult question, which you may not be able to answer. How would one distinguish between the two factors of general information and honest information from a past life?

Because the past life truths would free the soul as I have said, from emotional and spiritual bondage, which could create in the physical being many problems, many phobias, many fears; the soul would then be free from them. That would be the indication that the regression was a true one.

Les: So it would have to rely on the physical reaction of the person after regression?
Yes, because then the soul is freed from any blockages, which it has brought.
Les: And that would be reflected in the physical differences? ***(Yes.)*** Thank you very much, because that does explain how the two could be separated.
That is the only way — the soul would know. It is difficult when human beings are trying always to —and I use this word reservedly, *'prove,'* something. It is not always easy, but the soul would be allowed to go forward on its pathway that has been chosen this time. You understand?
Les: Yes, because that ties in with something else I have often spoken about over the years. We hear frequently of a person saying, *'I have been here before and I have done this, that and the other,'* and it is often presumed without query, that that person is in fact returning to conditions and places, which they occupied or were present at during a previous life. Again I have maintained that the information they have been giving to listeners and investigators, could well be merely information from your world and nothing to do with their past lives. Do you agree with that?
Yes, you must remember the power of thinking. I will always return to this again and again, that the power of Thought can create whatever you so desire. And in these instances, the individual is a channel — that is all — a channel.
Les: Yes, this is what I have often suspected. I think there no doubt are genuine cases, but in the majority of instances, I have been inclined to think, are information which could be obtained by anyone in this room.
Any individual who allows their minds to be raised, can be given any information they so desire, but that information does not necessarily belong to that individual soul. This is what you have to differentiate between what is genuine past life and what is merely information of past times. You have to know the difference *(between)* **information in general and information of past lives that belongs to the individual soul. There is a great difference.**
Les: Yes, there must be and so one should not accept all these cases at their face value.
Always stop, always think — use that thought wisely. Do not accept all that you are given so easily. And there is a way of thinking within your world that is seeking that is searching for more knowledge. We do not wish to dispute this, because any seeking can only be good, but what we do say to you my dear friends: Be a little bit more cautious in your seeking.
Les: Yes, you have probably gathered from what I have been saying that I always have been.
Yes, but not all people are so cautious. You must be, in order to — not protect yourself, but in order that you find *Truth.*
Les: Yes, this is what we all want to do.
And, that is my purpose in dispelling some of these disputes in your world.
Les: Yes I am very, very grateful to you — I am sure we all are. As far as I am concerned, it has pulled back the curtain quite a bit.
That is my purpose that all of these matters become more clear to you.
Les: Does anyone else have any questions?
I think my good friend the gentleman last time, did ask the question last time. I hope I have answered his question for him — if not, please let him speak now.
George: Yes, this has helped a lot — I do try to imagine sometimes the past life in relation to the soul. You have demonstrated in the past that a past life can be plucked and presented through a medium, yet the past life is a part of the soul. It would seem that the soul is a collection of past lives and yet it has a unity. ***(Yes.)*** Does that make sense?
Yes, but do not concentrate so much upon past lives. They have *gone* as you would say, they have attained hopefully what they should have attained and the individual unit, which now exists in present living, is the Soul, is the Spirit that matters at this moment in time. Past lifetimes belong to another time, although they are part of the same Soul. Unless it is necessary for the Soul in the present lifetime to have access to one past lifetime, then past lifetimes should remain where they belong, in *past times.* *(Yes.)*

Les: Yes, I think one could relate that to one's normal physical breathing, because the breath we draw in, serves its purpose for a limited time, whereas when it is expelled, it's of no use to us or anybody.
You do not seek it back, do you?
Les: No, it has served its purpose, therefore we take a fresh breath and to me, I have always related that to what you were saying, George — the past is gone/finished *(Yes.)* — it's served its purpose and I am always looking forward to the future, whatever it may be.
Remember past, present, future belong together, but you are living in the moment with this one aspect of your Soul, which is seeking growth. That is the purpose of life and that is what you should concentrate your efforts upon. Do you understand? *(General agreement)*
Les: Any more questions on it, because it is a very important aspect of living?
I fear sometimes human beings, because of dissatisfaction within their daily living, seek the *'excitement,'* I believe you would say, of finding past lives. It has almost become within your world, an exercise of pleasure; this it should not be. So I would say to you my dear friends, live for the moment. There is no reason why anyone of you within this room, should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.
Les: Yes I'm sure of that, because there would be no point in so doing, would there?
It is, if I may say so, it is wasting —
Margaret: Time?
— Time and *energy* — yes madam, you are quite correct when you say this —
Margaret: Whatever has happened in the past, you can't do anything about it, can you?
Sarah: You have got to look forward to the future.
You *can* in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important.
Les: Yes, it has a bearing on this — When my first wife died I can remember the *'horror'* — and I use that word advisedly — of my fellow workers, because of the fact that I went into work the day following, when I was told I could have three days off for a funeral. I said I don't want three days off — I explained that it had *happened* — what could I do? But they couldn't understand it.
Yes, because they did not have your knowledge. You have to forgive them for their unknowing — I will not say *'ignorance,'* that is not a word I like to use. But because of their unknowing, they would find it difficult to accept what you were doing at that time, because it is against the normal patterns of human behaviour.
Les: Quite, but I know my wife would have understood completely.
Of course, of course and may I say it helps if only all of you would understand, if you can send your loved ones on their way with happiness and joy, but of course being human beings you also have human frailties and human conditions of emotion. But in this understanding of this work, you should know and understand my friends, that sometimes you are shedding your tears for yourselves, not for those beloved departed ones, because after all, are they not returning *home?*
Les: You are quite right it is a selfish action and if only people realised that, the severance would be much less painful.
On *both* sides yes, *(Yes —)* **but as I have said, the emotional energy within you human beings is a strong attachment and it is not easily controlled, but that is something my dear friends, you can work upon. It does not mean that the love-bond is any less stronger than it was when the beloved one was upon the Earth, it means only that you have more *spiritual strength — spiritual strength* — that is what you should work towards.**
Les: Yes, it is strange really how we get bogged down in the past, in what shouldn't be a ritual. I have a neighbour who lost his wife about 3 years ago and still takes flowers to the grave and is miserable doing so, because it brings back old memories. I've tried to explain to him that it's simply a waste of money — far better to send that money to the local hospice for the benefit of somebody — where it could be used — ***(Yes.)*** but it just doesn't penetrate — that is the ritual, that is the thing to do, so he does it.

Yes but my friend, have compassion, because he is not ready for this knowledge. You can offer him seeds of advice, but you cannot make him take it. He is so engulfed with his grief, that he has entwined himself if you like in energies of grief, but what he does not realise is the departed one is also constantly drawn back to him, because of his grief.

Les: I try to explain to him, ***(Yes.)*** for *her* sake.

You will not, because he is not ready to accept. *(No.)* **You have done your task in sowing the seeds of truth, but it is up to each individual. Remember if they are not ready to receive then find another who can be helped.**

Les: Quite! Yes, I don't have any feelings about it now. ***(No.)*** Years ago I used to be concerned that perhaps I wasn't doing enough to help them, but now I just accept the fact that they are not ready, as you say.

No, give compassionate thoughts — again we return to the power of your thought — and that is all the help you could give — he is not ready. You will come across many peoples in your lifetimes — all of you —who you would wish to help, but they are not ready, they will not receive. It is no fault on your part, you have done your best and you must leave it there. You must not chastise yourself, you must not be too harsh upon yourself, if you have sown seeds, then you have done much.

Les: Yes, you have made that quite clear in the past, that all we can do is to sow the seed, we shall never probably see the flowering.

You can never know what help you have given. It is only when the soul returns to us, that the full extent of the help is realised. He will know and understand when the time comes, how much you have given to him. That is something for you to all remember. Do not ever doubt that the words you give to others in truth and knowledge is ever wasted — it is not, it is not, and recognition comes when those souls return home.

Les: That's the main thing, isn't it? ***(Yes.)*** Again it comes back to what you said earlier, don't wonder about the past — if we have done what we could, then the past is gone —

You are the result now of past times. You may only be one aspect of it, but past times belong in past times. You are trying to achieve things in this life, things which have gone before and perhaps are unattainable to you.

Les: I suppose logically, if we keep thinking about the past and wondering about it, we are in effect holding ourselves back.

Of course, how can you go forward, if you are constantly spiritually stuck in past times? You must allow the soul free expression in this present time of living.

George: Perhaps it is permissible to review the past with a view to learning from it. We can see our mistakes in the past and it can help us to learn a better way sometimes.

But that is not the purpose of your life. If you knew what you had to do it would be pointless in returning to a lifetime, would it not? Life would be too simple — what would you learn? It is like telling a young child all the knowledge of its school days in one instant. What would be the purpose? What would you learn? Do you not see?

Les: I think we have come George, if I can add to this bit, what we have spoken about in the past, the difference between the spiritual and the physical. ***(Yes.)*** To review the past is a physical attitude and we have to accept that our soul, which is incomprehensible to us in many instances, has learned from the past ***(Yes.)*** and our physical expressions don't matter anymore. Do you follow? *(Yes.)* Reviewing is a physical attitude, but we've got to accept that if we have been living properly as we should, then the soul has absorbed the lessons, which we have learned in the past.

It is not necessary for the physical thinking to know what the soul has learned — it is not necessary. It is the soul's instruction, which is important and after all, what the soul expresses, shows itself within the physical living. Again you cannot separate the two; that is what you are trying to do. I think sometimes you see the soul as a separate being from your physical being, and this is most wrong. You cannot have a physical being without the soul. Is this clear to you? I think it is something we must discuss further, because you will not grow if you look upon the soul as a separate entity. You are spirit first and foremost.

Les: Yes, this is the thing we keep forgetting, I'm afraid.

You have to realise — that is the most important fact that you are soul, first and foremost. We will discuss this further; I feel this is something that perhaps is not quite fully accepted yet.

Les: Yes, that would be interesting to do. I think we also forget that the lessons we have learned whilst here — we are not necessarily aware of them, but we should be more conscious of the impact of our physical upon other beings here. As Salumet says, the soul and the physical are two and the same and if we considered more the impact of our actions upon our fellow creatures, then we perhaps might become more aware of the development of the soul, rather than consider physical reactions.

I would say if you have to stop and think, then it is not the soul at work. Perhaps that is something you can keep in mind, that any action truly from the soul, is spontaneous — it is important you understand this. If you have to stop and think with your physical brain, then think carefully. Do you have more questions?

Les: Well I seem to have monopolised the evening, anybody with more questions? *(Pause)*

I would rather that this topic be finished with this time, because we have many subjects to speak about and it would be most helpful, if you can be sure of what I have told you this time.

Les: Everybody quite clear on how to regard regression? *(General agreement)*

Paul: Can I just recap a little bit, in case I'm not clear. So there's no reason for anyone to have past life memories, unless they're experiencing difficulties and they need to seek out that past life, in order to be cured of the problem.

Yes, if the soul is restricted spiritually or emotionally, then past life will be given, in order that the soul is freed, and that this present lifetime can continue in the way it was planned. If you wish to go under regression with the help of another, you must accept that what you may get could be in fact only communication, in the same way as you would receive it, as our dear friend has said, in the same way as anyone here would receive communication. Do not assume that it is automatically past lives, belonging to the soul. It may be past life of another individual.

Paul: Just one other thing, was it said once that some people are born with many past life memories, from childhood and that they do retain it?

That is possible, but it is of no use. The memory may be there, but it serves no purpose.

Paul: So they'd probably be better off forgetting about it and concentrating on this life?

Yes, but that possibility exists, yes of course. It would of course depend on the growth of the soul, as to what can be retained. But yes, that is a possibility, but it serves no purpose. Is that clear for you.

Paul: Yes that's clear thank you.

Les: Any more questions on it? *(Pause)* So everybody is much happier now with regression?

Yes, I do think that my words will continue in your thinking for many days to come and that can only be good. So I will say to you now my dear friends, I will take my leave of you, I know you will ponder my words and I know that you will be helped in what I have given you this time. *(General thanks)*

Know my dear friends, I am always with you. *(General thanks)*

~14th December 1998~

Good evening.

All: Good evening.

I would like to say to you this time, as you approach your time of festivities in your world that my dear friends, I once more will withdraw from you for a short time. But as always it gladdens us to see so much love extended to each other, at this time of your year.

Les: Yes it's a pity it doesn't happen all year, isn't it? — I believe I said that last time.

Yes it is — perhaps something each one could work upon, but nevertheless, any opportunity to extend love to your fellow man can only be good.

Les: Yes of course.

So I think for this time we will my dear friends have any questions you may wish to put to me that you are confused or would like more information on, that we have discussed in past times.

Les: Right, does anybody wish to start, or shall I?

Sarah: I do have a question, but you carry on first.

Les: Right, some time ago Salumet we did touch on the subject of cloning and you said then as we expected, that though there may be physical cloning, each clone would be used by a different soul. Now I've been thinking quite a bit about that recently, and you have told us also that the physical and spiritual cannot be separated. So in my thinking, if cloning is possible, then surely the spiritual side of that, would affect the personality; not only would it be a physical similarity, but if the spirit is going to be involved as well as the physical, I can't see that cloning would ever in fact be achieved.

You are perfectly correct. It of course will be achieved *physically*, as you say, and of course in doing so, you must remember as in your world so too in ours, there are like-minded spirit; and that spirit which would inhabit a cloned physical body, would be as close to that original spirit as was possible. Yes that would be the case, but again although the physical cloning will be how your scientists will say, *'perfect,'* that is not the case. It cannot, each soul is individualised.

Les: Yes, that confirms it thank you, which brings me to the second part of the question, which is very pertinent, because there is a great deal of discussion these days on genetic modifications. The genetic make-up of a person is usually associated with the physical, ***(Yes.)*** but if the soul is occupying the physical, surely the genetic make-up, would be of a spiritual nature as well?

Of course, you cannot separate it — that you must fully understand. You cannot make two entities of it, it cannot be separated.

Les: So our scientists would be quite wrong then, in thinking that the genetic make-up is physical?

The genetic make-up is partly physical — physical is motivated by the spiritual.

Les: So the controlling influence in any case, would be spiritual?

Yes, until your scientists in this world, begin to realise that the human make-up as you call it, is more than physical, they will always be faced with many problems. And I would have to say this to you, that their journey towards genetic interference is not a good one.

Les: No I'm sure it isn't.

But there are many, many within our world who are dealing with this problem in yours. Mankind is coming to a stage in their evolution, where their knowledge is at times being abused. But I have told you my dear friends, that there are many from our world, who are enabling goodness to come to the fore and as all knowledge is gained, then it is our task that any knowledge given, be used for the purpose and the good of humankind and not abused by the few.

Les: Yes, that has happened in the case of atomic energy already, hasn't it?

In many instances throughout mankind's history, yes. Mankind almost is self-destructive at times, but there is much going on in our world, so do not be afraid.

Les: That's comforting to know, because I've given a lot of thought to the genetic implications that are arising now and it could go horribly wrong I'm sure. ***(Yes.)*** So it's comforting to know, you are watching it from your side.

Of course — we are, we are.

Les: We unfortunately in our search for knowledge and our arrogance in that search, we just don't realise the forces we are playing with.

Mankind can only go so far.

Les: Good, that certainly is comforting and I think everybody else will find it so, won't they? (General agreement) We are grateful for the information Salumet and we do thank you. Sarah, I think you had a question for Salumet?

Sarah: Yes, I think Salumet we did touch on this before, but I can't quite remember what was said. If somebody is Schizophrenic and they do something 'bad,' how is that treated?

To simplify the answer, you should not be judging anyway. You cannot know what that soul's purpose in life is. You do not know and remember my dear friend, there is cause and effect. Never judge another human being, for you know not what their purpose is.

Les: So would a schizophrenic here then, have been deliberately created by the soul, or is it an accident?

We have discussed this before. You cannot take circumstances so literally, because what the soul does, is chooses these situations that will arise in a lifetime, to allow the soul to grow. So what you would term an 'accident,' may be an opportune moment for that soul, to create its own soul's *growth.* Do you understand this?

Les: Yes I do and this had occurred to me, because as you rightly said, we had discussed this quite a time ago, ***(Yes.)*** but what puzzled me, was that if accepting that premise, what happens to the soul if the physical being has murdered another?

In that case, all aspects of circumstances would be viewed by the soul. You have to understand that freewill in your world has a very important part in your daily living. So if you are speaking about a soul who you say and call *'schizophrenic,'* it would depend on the circumstance of that situation. There are cases where the soul would find that life situation, the one that they have chosen. In another case, the person may quite well be by their own freewill, capable of such deeds, that should not have happened. You cannot generalise, you cannot generalise. That is why you should never, never judge another.

Les: No, so it's what we would classify as a grey area then?

I think you would have to leave it as that yes. There is no clear cut way to answer this for you.

Les: No, I ask because there was just a snippet on the news this evening — somebody who was a schizophrenic murdered somebody and has now committed suicide —

You HAVE to remember, these people are suffering; they are suffering not only emotionally, but sometimes spiritually too. That is an area that we must touch upon another time. It is something I think, you do not fully understand in this world. Their physical is governed by the spiritual, but the spiritual too, is activated at times, by the physical deeds. It is a subject we must touch upon, another time.

Les: It's certainly very confusing to us, ***(Yes.)*** to try and analyse all these aspects of the soul and the physical, but each time, we learn a little more.

Yes, that is the best way, take one step at a time. We can always return to it, to analyse and to expand upon your knowledge.

Les: That would be very helpful in the future yes, whenever it's convenient for you to do so, because it raises another question of suicide and we know basically that suicide is not a good thing, because it holds us back from development, ***(Yes.)*** but there are cases where if suicide is honestly for the benefit of another person and not to escape the traumas of this life, then that individual is not punished, for having committed suicide.

No, again we are in what you have just termed a *'grey area,'* a grey area in the sense of explanation. You cannot have clear-cut explanations, in many of life's situations. As much as I would like to explain away your fears and your doubts, it is not always possible to do so in your understanding. So in many cases you have to accept that not all that is given to you, can be fully accepted by you. I know that may seem unsatisfactory, but spiritual growth to the physical mind, is a most complicated subject. Do you understand?

Les: Yes, if we were more enlightened in the spiritual aspects of existence — I won't say *'living,'* because that would presuppose physical living — ***(Yes.)*** then these things would not be grey areas, because we would know the underlying purpose.

Yes, if you were more enlightened my dear friends, there would not be these questions.

Les: No, quite — we wouldn't need to ask them, would we?

No, but you are human, you are at your state of evolution, you are in this particular time still in the state of much learning.

Les: Yes I was watching a program last night, about the various ice-ages of the Earth and scientists were talking quite glibly, about 400 million years and so on, and I thought then of what you have said, about the number of lives we have to experience — in fact it's a constant re-living — and our spiritual growth could

be effected by those climatic changes, which have been happening, ***(Yes.)*** because living in an ice-age, would be so completely different from living in that tropical country now — ***(Yes.)*** and I just gave up. *(Chuckles)*

Yes, you are always evolving, but does it not put into perspective my dear friends, just how short a time, the human age of one lifetime is? *(General agreement)* **If you think upon that, then you begin to realise — and remember also that this planet is a very young one — just how insignificant one lifetime is.** *(General agreement)* **Then you might begin to grasp the immensity of it all.**

Les: I don't think we ever can grasp it. We have to accept what has been said by various masters, ***(Yes.)*** that faith is necessary, ***(Yes.)*** faith in the development of the soul.

Not *'faith'* in the physical sense, but *spiritual knowing*, a *spiritual faith* that all is already known. And that what we come to try to teach you, is knowledge being brought, an innate knowledge that the soul already knows. It is a most complex subject, but I think we are gathering knowledge fairly well, within this small group of people.

Les: That's nice to know, because at the moment, it's like we are trying to understand the bible, or the Koran, by reading one chapter, or one page.

Yes, if I may say, if you master one page, then be pleased with one lifetime.

Les: Well thank you for the comfort you give us that we *are* learning anyway, otherwise we'd be awfully bogged down. *(Chuckles)*

There is much more for you to know, but as I said when first I came to you, we must go slowly, slowly.

Les: Yes I think we all fully realise that now and how important it is. You also said, if we missed one lesson, we would have to go back some time, to retake that lesson, ***(Yes.)*** because it was all part of the whole.

Yes, you cannot make separations, there is so much to know. Now my dear friends, I think for this time, I will take my leave. I wish you all much love and happiness within your lives, until we come together once again. *(General thanks + fond farewells)* **I have to say I feel most joyful that I will have this short break. My love is with you all.** *(General thanks)*

Les: And ours with you and we wish you great happiness, God bless you.

There then followed another through Eileen:

My goodness what a quiet lot!

Les: Thanks for coming again, very nice to have you with us once more.

Can't you liven them up! *(Laughter)*

Les: Can't you please liven yourselves up? How about that? *(Laughter)*

That's better. Last time I came, I thought you were all dead! *(More laughs)*

Les: It's just that we've had serious learning beforehand and we're still thinking about it, you know…

I know I'm joking with you.

George: I think you gave us a name last time, was it Mackintosh?

Umm, I change it all the time. *(Laughter)*

what you like, that's the best? I say, call me —

Les: We'll call you our friend.

Well don't go that far —

There was more laughter and jovial chatter, including mention of his whisky still in the cow's boothy, which was mentioned at his previous visit. He wished us well for our approaching festive season, finishing the evening on a light note and reiterating the need for laughter in the world.

~21st December 1998~

As expected there was no Salumet, but another communicator came through Eileen, saying that the time was right to give all the sitters a festive message. We were told to sit quietly and see who came close to them. Each was given brief messages of advice and encouragement. The advice given to Les has been included as it relates to the following week:

I'm wondering why there are so many ladies who surround you! *(Laughter)*

—This referred to Les's mother and his two late wives, the most recent being Ruth, who was also an accomplished medium whilst on Earth—

They are saying nothing, only that they are with you often and one in particular who was last to go — especially around this time of the year. *(Les was very appreciative to have them around.)*

~28th December 1998~

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

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

Then one came briefly through Eileen:

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

Then a softly spoken one came through Eileen:

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

Les: Yes you're quite right.

Life brings to you all kinds of difficulties, many types of distress and sorrow. But know always that there is always someone close by you, who is there to help, if you will but allow them to. There is much to come I am being told, for you all. That is not to say, that your life will be smooth, it will not. It is the troublesome difficult times, which bring growth. But those times, need not be times of great fearfulness. I would say only this now, before I leave, that this evening, we give you the opportunity with us standing close by you, to discuss in whichever way you decide, to speak of what you have learned, in this past year. And as your year closes, can you truthfully say, I have done my very best? I have shown love to many, I have looked into my heart, I have shared myself with others, without any thought of reward. My friends, I say to you, analyse your souls and move forward, as does your years. I thank you for your attention and I will bid you all much happiness, much knowledge, but most of all, I bring to you peace. *(General thanks)*

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

Les: I have done a great deal of self analysis over the year, particularly in regard to my own privilege of being what is called your leader. I don't look at myself as that, but only as one of you, who happens to have a little more knowledge and has been permitted to pass it on to you. So I have done a great deal of self analysis and questioning, hoping that what I do in the way of teaching has been correct, properly administered to your thinking and that you have benefited from it. I have also become much more aware, of a closeness of our friends. They repeat this many times and I can say with much emphasis, that I am much more aware of it now at the end of this year, than I was at the end of last year, because I've had many more experiences and I'm fortunate in being able now, to be very much closer to them and therefore enabling themselves to be very much closer to me. I also have come to the conclusion, that it's quite

impossible to understand the complexities of spiritual living, or the ramifications of the soul. So I accept without question now, much of which I would have questioned 12 months ago. I think that is a fair summary, it's not everything of course, otherwise we'd be here all night —
Sarah then added that Les had been a very good leader, to which we all agreed and he replied that much of the leading came from the other side, rather than from himself.
Eileen: What I feel probably sounds very general, but I feel that each time I listen to the tape of Salumet, I'm amazed by the content of the subject to begin with, but in a sense I'm not surprised. It's almost like its natural. Does that sound very strange? *(No!)* But at the same time I do believe I've become much more humble this year especially. And I feel I've become a stronger person and I feel that anything that comes to me now, won't be any kind of shock, that I'll cope with whatever comes—it's this feeling of knowing, which I don't say puzzles me, but I find it a little strange, that I've accepted it all so very easily. But I would say probably humility is what I've felt most.
Others agreed that they had also felt this.
Les: But I would not be surprised Eileen, if the Salumet that speaks to us through you, communicates that knowing, as you call it, because you are part of the Salumet soul.
Eileen: That's a wonderful thought, but—
Les: Well I have thought this before actually and you have not confirmed it, but acquiesced in what I thought, without knowing what I thought. I think it's quite possible that you are one of the parts of the soul of Salumet—
Lilian: I look at the human race in a much different light, especially with the judgement thing. You can't judge others, you have to remember they're spirit, no matter who — things that happen in the world, you accept it more. Things that we thought were really quite dreadful — that we've chosen that pathway, that seems to help there. Lots of things, but that perhaps is the special one for me.
Margaret: Well last year I felt I was so happy with my life and it just gets better and better, and I don't know why. I sit down and think — well, if I believe what we've been taught, and accept things as they are and don't criticise, it's much nicer. I find that I have no one from here to talk to about things, during the week, and I come here with so many things to say, and then I learn more and — I just live a happy life, and I think it's wonderful. When I walk into this room, there's an atmosphere of joy and happiness and there's not many people who can go through life being happy. I try to do the best I can for others, but I think someone's doing the best for me and that's wonderful.
George: My overall impression is: One started with an acceptance of how things are in spirit and how we are all spirit beings. And then a bit later on, one can have a deeper acceptance and a deeper acceptance, and you can't imagine that it's going to get deeper, but it does get deeper. And one seems to get carried along with this feeling. The bumps and happenings in the material world, they don't seem to have quite such significance, as one used to attach to them. The odd knocks, they become less important somehow, or less sinister — I accept that there are many things we can't understand, not in any detail. I accept that we can't understand the full nature of the soul—
Mark: I feel I'm very lucky to be able to come to this group. Related to that, I notice more people in my daily life, I marvel at the fact that they don't have a group like this to come to, and yet still manage to be really nice, good people. I think I've got more respect for people, because I know I've needed it very much. I feel so much — sometimes when I come here, almost the thought of coming after work and everything, almost seems like an effort, but I know I've got to come and once you get here, once you hear all the beautiful knowledge, it's a great privilege—I know I'm battling to make more time for the silence. A lot of the time, this is my only silence in the week, which is a terrible thing, but I know I've got to battle a bit harder to create that silence—I feel much more integrated in my work environment. I suppose that comes from a bit more understanding of people—
Sarah: I feel very much like Lilian re the judgement thing. Last year I know I was beginning to not judge people so much and to try and see the good in them. And I think that's continued and I do find if I am trying to judge someone, quickly I feel aware that I'm doing this and try and stop and see the good side. So that has grown a lot this year. I've also become a lot more confident in being able to pass on the message.

Last year I was accepting it, this year having really accepted, I find it much easier to tell people about it, whereas last year, I was quite hesitant, I didn't quite know how to go about it, I wasn't quite sure—There are a lot of things I still find it difficult to explain, but I'm able to get the general gist over, to help others who are in difficulty, or just when somebody's said something, and I've thought ah, you don't quite know this and I'm just able to drop in a word. And I'm finding that much easier than last year.
Paul: I think I'm getting a lot of help from the silent times, now that I'm trying to do it more regularly. When I do have problems during the day, I can take them in, to that silent time and they do dissipate and I end up smiling at them, all the worries of the day. And I think in the everyday life, I have been pretty cut off in the past and a bit numb with my daily life. But it's beginning to go a little bit, there's still a lot more I think, but I'm beginning to enjoy life now. Things don't make me so angry or scared. I think in certain parts of my life, I'd just given up on, or tucked them away or something—I think now things in the world are generally—it feels a warmer place to be. It's all the power of thought.
Mary: I feel very young in this group—it's been about 6 months. I was just thinking when we were all talking, about how gently and how easily this group took me in and how comfortable it was coming in. I guess the biggest difference in this 6 months for me, is the letting go of judgement and also letting go of anger. In my day-to-day life, I find that I don't get angry with people, socially or in the workplace. I'm able to understand and I see them differently, I don't know if that makes sense? *(General agreement)* Also, I can't explain it, but there's a calmness in me, that wasn't there before and also I don't doubt myself as much as I used to. I think I accept myself better than I did. Also, along with not judging other people, I'm not judging myself, in the same way that I don't judge others.
Anne: *(A guest from America, who hadn't been here long)* I would just like to say thank you for letting me come here. I can only tell you when I came to England I was in an awfully big mess—I'm not going to go home as big of a mess, but I am gonna go home with more tools, to work with. I'd like to ask a question though. I've talked to Mary about this, I don't want to stop when I go home, but I don't know where to go?
Les: Well, I'll give you an address before you go and if you write to them, they'll put you in touch with associations in your part of the States.
Anne: I appreciate that, thank you.
Mary: Leslie, something else in my life, and I did mention it to Anne—if I need something, and I'm not talking about material things, but if I need something in my life, and I sit back, it's there—It always appears, and it's getting to the point, where I'm expecting it to appear. If I need help, with thoughts or feelings, or whatever, someone always comes along to help.
Les: That's why we have been told, as was said at the beginning that never think we are alone. You'll not necessarily have a tap on the shoulder and someone say, this is what you should do. But the help can be given in a variety of ways and it might well be channelled to you, through another physical person —don't forget that. So many people think help is going to be some mysterious word, appearing on the wall etc, but help comes in many forms, and the most convenient form, best for your particular need at that moment. We do make the mistake of presupposing the way help is going to be given.
Mary: The word faith has taken on a new meaning, since I've been with the group.
Jack: I'm a bit like—it's the judgement thing again, I think I've become someone less cynical. I probably have some way to go, but it's getting better.
There then followed one through Eileen:
Good evening. So often we are sent thoughts of what is knowledge. Can I say to you, knowledge is action. What is action, but the formation of thought. In your words tonight, you have demonstrated to each other, that not only have you gained knowledge, but you are learning wisdom. We wish to say to you all, take heart, know that you grow, know that what is given to you, is individual to each one of you, that you cannot all grow together, but you must take each stage at your own pace. You have within your midst, someone here, who has expressed humility and we say look after him, because he has taught many, many people. He will tell you it all comes from our side. Let me tell you, we cannot work alone. So I will say, perhaps on each one's behalf, that he is given many, many thanks, not only from yourselves, but from many in our world. Those who stand close to you, have listened and are telling me now, that

they are pleased at each one's development. *(General thanks)* ***You must take the credit, because although you stand not alone, you have the power, the power of your freewill, to either learn or not. So I say to you all, God be ever present with you, in whatever form, you wish to know your God. I bid you goodnight and thank you once more for your comments and your attention.*** *(General thanks)*