

40. Lesley Bone and the Group

Contents

I am part of the spirit that you know as Leslie Bone!	1
This Group has been together before!	3
Leslie's daughter - Madeleine	4
A message of encouragement to the group.	5
Salumet requests a little longer time slot.....	5
Some wise words to Leslie's son.....	6
With time we can become more aware of those in spirit who are around us	7
Leslie has become a little spiritually depleted.....	8
Salumet thanks Les for the work that he has been doing in spirit world	8
We can condemn conditions but we cannot condemn another human being	9
We must have sufficient rest to look after our physical being.....	10
A visitor comes to help close the evening	11
Leslie's lady now works on the other side of life.....	12
Les receives healing from 3 spirit helpers.....	14
Salumet speaks to Les.....	18
Leslie's farewell.....	22
Lesson of unexpected loss	24
Leslie's return home	25
Leslie returns to the group.....	27
Leslie returns a second time	29
Ruth visits.....	32
Leslie and Ruth briefly return	32
Leslie visits again much to the delight of his old friends	33
Beatrice returns	37

The following are some of the messages given to Lesley and the Group between June 94 and 1999 when he retired whilst well into his nineties.

I am part of the spirit that you know as Leslie Bone!

Leslie Bone finds himself talking to himself. We are indeed many facets! (6/3/95)

For the rest of this evening, we want to try to bring one other, through this one here. (Sue.) It may or may not happen, but be patient. I will work with this instrument I am using. I thank you for your love and your patience and I wish to say next time, I will bring someone who wishes to speak to you, on a particular subject.

Les: We look forward to that.

So, my visit next time will be very, very short.

Les: Well thank you for what you have told us tonight and for your teaching.

The love be with you all, until next time.

Les: Thank you, God bless you.

There then followed someone through Sue, who was connected to Les:

(Faintly)—I am part of the spirit that you know as Lesley Bone. But I have been part of the spirit of different names, different earthly characters.

Les: This is incredible. So, on a logical basis then, would it be correct for me to say I am speaking to part of myself?

Yes. It's difficult for you to comprehend, but that is the easiest interpretation of what I am. We are connected by such a thread of love, I have been with you, I am still with you, I will be with you in our future.

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

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

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

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

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

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

Les: Yes I think so.

But remove the physical and everything multiplies.

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

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

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

Now let everyone here ponder upon my words.

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

It may be possible. I am constantly with you.

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

[This Group has been together before!](#)

This surprising information gave the group members much to reflect on. Les is also given a personal boost about the importance of what he is doing, and that it must continue.

(3/4/95)

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

Les: Is that so?

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

Les: In a previous existence?

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

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

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

Les: To me?

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

Les: I really don't know.

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

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

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

Les: Yes you have.

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

Les: I do understand yes.

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

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

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

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

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

Les: Yes I do.

But it cannot be, it cannot be just yet.

Leslie's daughter - Madeleine

Madeleine is Leslie's daughter from Canada, who is given a few words of guidance from Salumet, including the importance of recording her vivid dreams. These dreams will be useful guidance, but they need to be recorded. (1/5/95)

Now I feel, do you need to speak with me?

Les: Yes please. We have a new lady here tonight, from a far country Canada, who is very keen to do the work to whatever she can, that we are doing. I'm going to trespass on your kindness to ask if you can tell her, as you have told I believe all of us at various times here, whether that is going to be a probability for her.

Let her come closer to us. Yes—you my friend, have very vivid dreams yes?

Madeleine: Yes.

Yes. Sometimes they have caused you a little distress, no? (Yes) Yes. Let me say to you: Do not let this be. You are indeed a channel which we can use for good. But you have been a little afraid in the past yes?

Madeleine: Just a little.

Just a little. You are afraid a little now let me tell you, but do not be so. You my child, will travel widely within this world. I hear you say, 'I don't think so?' but I tell you, you will. There is much for you to do within this movement. But I say to you, just be a little more patient for the time being. You are aware of your guidance, yes? (Yes) Yes. They come close to you, but sometimes I have to say, you close the door, yes? (Yes) Yes, this is something you must learn to overcome. It comes down mainly to a little discipline on your part, but as a channel you have much to give. You have put pen to paper also, yes?

Madeleine: I'm not sure I understand?

You have that ability, please do use it.

Madeleine: I'll try.

There is a young child who is special to you, is there not?

Madeleine: I have—I'm not sure if there is one in particular—

No my dear, there is one who is special to you, there is a bond between you that will never be broken, a boy child yes? (Yes) If it not a strong bond now, then it will come, but you should be aware of it. You want to heal don't you?

Madeleine: Yes I do.

But I have to say, that is not the way forward for you, there are other roads to be opened for you.

Madeleine: I'm happy there is a way that I can help.

It will be shown to you, don't worry. (Pause)

I ask you to write down these vivid dreams that you have. That is the beginning of your work for us and in doing so there will come a flow of words from that pen that you use. It will be of guidance to you and will point you in the direction which is necessary for your development. You have a quick mind my child; it has stood you in good stead so far in your life. But now is the time to quieten it down just a little, just a little. My blessings go with you and you will work closely—

Madeleine: Thank you.

A message of encouragement to the group.

A kindly visitor gives words of encouragement. (24/7/95)

Please think of us kindly. Our love goes with you all.

Les: And ours love with you.

Please be gentle with yourselves. It is a very hard path that you all tread, whatever your way through life. These lessons will be the hardest any of you will ever have to learn. They are not idly given to you and you will all be well rewarded for your perseverance.

Les: Thank you, God bless you, goodbye.

Salumet requests a little longer time slot

Salumet then gives a follow up message for Madeleine. (25/9/95)

All: Good evening.

It would be beneficial to give me just short time longer.

Les: Certainly, we shall do that. Thank you.

That is much better, thank you.

Les: Thank you, we shall make shall you get a little time longer next week and in future. I'm afraid it's our impatience, or my impatience to have you with us, that's responsible.

I accept your impatience with gratitude—thank you. It varies of course with power available and other incidences which must be taken care of.

Les: Yes I understand.

So there can be no set time made. But I try to keep within your time boundaries, because I know your time is limited. Now firstly let me say you all have had much to think upon this past week.

Les: You're right we have.

Yes I thought you would be most interested in the speaker who came to you.

Les: You're quite right, I think everybody was extremely interested and it was a great deal of information, which will be useful to us and which we have not had before.

It is the tip of the iceberg, as far as your information goes, but we must take it slowly, as I keep reminding you. But I know impatience is something you Earth people are endowed with. So perhaps here we have a lesson in patience. Now I want to welcome the one who comes from over your seas.

Les: My daughter—thank you very much for your welcome.

I am aware of who she is, thank you, but I wish to say, her thoughts over past times have reached me. In fact, I think at one point she was almost aware of me. But of course she did not fully recognise what was happening. But let me welcome her here.

Les: Thank you very much.

I have to say, just a little about this one. She has trodden a hard pathway this time. Many things have been left unspoken. But she—and I know of what we speak, but I will say to her, she has reached that point within her lifetime, when things will improve.

Les: Thank you very much for telling her and thank you for your kindness.

She has been guided throughout many years, by her maternal grandfather.

Les: Is that so?

Yes, he does not wish to be made known at this time, but the opportunity will come, when he comes to her, to make himself known and the guidance with which he has endowed upon her. I know she is surprised by this information, but she should not be, there is a deep bond there.

Les: You are quite right, there was, or *is*.

I thank you, you are learning—there *is*.

Now, I will leave it there, but rest assured, she will end this lifetime, a much stronger person than when she came into it.

Les: Thank you very, very much for that, I do appreciate it and I know she will.

Now I would say to you, let me have your questions, because this time I would like to leave some time for others to speak, if that is acceptable to you.

Les: Yes of course

Some wise words to Leslie's son

Sometimes we carry problems from a previous lifetime. (25/9/95)

Les: Now if I might ask you about my own son, who last night was given some very wise information from your side, because he does suffer from an excess of emotion, which he finds difficult to control and he gets very annoyed with himself, because he cannot help people in the way he would like to and it becomes almost an obsession with him.

Yes, this young man suffers from guilt that is why the emotions are so rife. It is a guilt that goes back some time. We have to look further back within his life pattern, to find the true cause. This emotion which surfaces now in this lifetime is something he has to go through. He knows within himself, the answers that he seeks. I cannot tell you what he must do, but if he will only give himself the time to sit quietly, *he* knows what he must do.

Les: Does he?

Of course, you must be aware of this my friend.

Les: I am to some extent yes, but I didn't want to presume that I was right, if I was wrong. The guilt that you speak of, was that incurred in his present life or in a past life?

This guilt is carried forward from a previous existence. He wants to help, but always he will find something that is more important *in his mind*. But he came here this time to solve those problems and those he must do by himself.

Les: Thank you I appreciate the information, I shall pass it on to him.

He will come to the recognition that the help to give to others must be uppermost in his physical thinking. There are ways and there are means, but firstly you must open yourself

up to those opportunities presented to you. It is no good being offered something if you push it to one side and then say, 'Why am I not given this?' Can you see the comparison?

Les: Yes I can.

I am simplifying matters of course, but I am sure you can find the words to explain to him.

Les: Yes with your help, I'm sure I shall and I shall be pleased to do it, because I would like to help him, it's a very real problem with him.

I will try to influence him. I cannot change his life pattern, you know this, but I will try to invade him with our influence.

Les: Thank you very much, that's kind of you.

If only I could show you all the pathways you should travel, but of course I cannot. I can instruct, I can influence, but I cannot change it for you. *You as spirit* must recognise those things within your life, which need to be changed, which need to be worked upon.

Therefore you become much better people for it. I know this is hard for you to take sometimes, when life is difficult and all seems darkness. But remember, darkness is temporary and soon the light follows.

Les: True. Well thank you very much for that Salumet, I do really appreciate it.

With time we can become more aware of those in spirit who are around us

Leslie states that he has felt an overwhelming feeling of joy. Salumet gives a few words. (23/10/95)

Les: I don't know, this is supposition on my part, but I don't know whether for any reason you were very close to me yesterday morning. I had been thinking of you actually, not calling upon you, but thinking about your teachings and I had an almost overwhelming sense of joy and happiness, just as if the whole world had dissolved around me into peace. It was the most peculiar feeling/lovely feeling, I wish I could have retained it.

Yes, I have spoken to you all, to tell you I will always be with you, but I have to say your experience was not that of my doing, but of someone you have been told about in previous times, who you have been told you would become more aware of.

Les: Yes, well it was a marvellous experience.

I am happy to tell you all that the awareness within each and every one of you, is slowly coming to the fore. You, my good friend, have much experience in these matters and of course your awareness is such, that any happenings you trust, you trust your own instincts about them. Unfortunately, with some within the room, they still doubt, but we hope to dispel those doubts as time goes by.

Les: Thank you, well I hope you can, because I could never wish anybody more happiness, than I experienced in those few moments yesterday morning.

My friend, you have earned it, I will say no more. There are many who come close to you, who surround you, who help you, uplift you. Many until now, you have been unaware of, but as time progresses you will come to know them well.

Les: Well I certainly look forward to that, thank you for the answer.

Leslie has become a little spiritually depleted

Leslie had been using his spiritual energies to excess. Like physical tiredness, it is possible to become drained spiritually too, if not remaining in balance. (11/3/96)

Before I speak to you all, I want to say to you please, your energies are depleted, therefore will you please before you retire, seek for me and I will be of help to you.

Les: Thank you that applies to all of us I take it?

No, I speak to you.

Les: Just to me? Oh thank you.

You will be aware.

Les: Thank you. Yes you are quite right, I have been feeling less energetic than usual.

I do not speak about your physical being, always when I speak to you, I am speaking on a spiritual level. So please do as I ask, and you will feel better for it.

Les: I certainly will do, I appreciate your help. Can I ask, what has been the cause of the depletion?

You have been using your energies to excess, and like the physical being, so too can the spirit too become depleted. This is something not well known or discussed amongst you Earth beings.

Les: No I must say, I wasn't aware of it, I wasn't aware of having used so much; perhaps it's been while I was asleep, is it?

I have told you that you come to us in our world and you come to work, you understand?

Les: Yes, I remember that.

When you enter our world, you do not have the same capacity of recuperation as you would, if you were with us always. It is nothing to concern yourself about, it is—how can I say, a little over-eagerness on your part.

Les: I see, I must try and control that.

The intentions are good, we would not wish to change the, but as you know, when the spirit is a little depleted, it manifests itself upon the physical being.

Les: Yes you are quite right, that accounts for several things recently. Thank you for telling me.

Therefore, we must slow you down just a little. I know it would probably, how would you say, 'go against your grain,' yes?

Les: *(Laughter)* Yes—I must be advised by those who know better than I do, and I'll take the advice.

I hope so my dear friend, because we love you and we wish to take care of you all.

Salumet thanks Les for the work that he has been doing in spirit world

Leslie is informed about all the work that he has been involved with in spirit world. (13/5/96)

My friend, I wish to say just a few words to you: We thank you for your continued work on our side of life, and since we met last, you have indeed been very busy.

Les: Yes, I have been very busy here I know.

I do not speak of the earthly work, I speak of your work with us, on our side of life.

Les: Well I'm very pleased to know that.

Your awareness of this task will grow, I know you have felt it sometimes, but the knowledge will become stronger, the awareness will be greater, and the opportunities become more.

Les: Thank you very much.

You do good work my friend, for the needy. You will not and cannot know how much, whilst you remain within these earthly clothes. But let me tell you, your work is admired by many in our world, your work is sought after by many in our world who are not allowed to do it, because they do not have the spirituality necessary. So, my dear friend, you can justly feel proud of yourself.

Les: That's certainly very gratifying.

I do not say the words for the (*those*) reasons, but I have to tell you it is *so*, because I want you to understand that you belong in our side of life, as much as you belong here. You understand?

Les: I do, I've been telling people recently precisely that.

And as you gain earthly years, so the adjustment becomes much more—you spend a great deal of time on our side helping others, in a manner familiar to you on this side of life, but the capabilities are much more when you are with us.

Les: Yes I quite understand they would be and I'm very pleased that I'm able to be used like that in your world. I do look on it as a privilege.

Dear friend I say to you, remember you are an *old soul*. I cannot and would not say that to all or to many, but remember you have trodden many pathways, you have attained much and your achievements are *good*. And in this earthly frame now, we hope that your achievements will be rewarded, by work which should happen here and which you have waited long for.

Les: Thank you that really would be pleasant to have that.

[We can condemn conditions but we cannot condemn another human being](#)

The group is given another timely reminder about unwanted happenings in the area.
(3/6/96)

We have to say to you dear friend, there are problems surrounding you, not personal problems, but problems around this area, which are being sorted out. It will be done, so be patient.

Les: Thank you yes, I didn't know of personal problems, but there are problems in the area. **Yes, we understand, and we are working with it.**

Les: Thank you, yes I must admit I have found very difficult to be charitable in my thoughts, because of those problems, which arise.

My dear friend, remember what I have told you, you must not judge, you cannot see the full picture and although life presents these problems to you, you cannot judge another.

Les: No, I do accept what you say.

I fully understand that within your daily lives, all of you find troubles of many kinds, troubles which you find difficult to be kindly about. But always towards people, you must give love. You can condemn conditions, but I say to you, do not condemn another being.

Les: No, I try to do that, I try to live by that precept, and I condemn the *noise* I have to put up with sometimes.

Yes, that is fine, but never, *never* condemn another human being. I know all of you find these words difficult, but let me tell you, you can only grow from being charitable towards each other. After all, that is why you are here, to express your love for one another, to express that spiritual aspect of yourselves, which knows only love. You see?

Les: Yes. As you say, it's not easy, but we must try.

But it will be sorted for you.

Les: Oh thank you very much for that, it's comforting. Yes I had been wondering how long it was going to continue, particularly now as I try to envelope myself more in the silence and meditation.

Yes my dear friend, you are growing are you not? In the silence when you sit in your meditative state, you are growing so. And I believe you feel this to be so as time continues that your expansion of knowledge grows greater.

Les: Yes you're quite right Salumet.

You are now beginning to feel the expansion of your spirit, whilst within this physical being. It is the part of you which needs to grow, to expand, to stretch forward to newer and higher things. And dear friend, you are achieving this.

Les: Good, thank you.

[We must have sufficient rest to look after our physical being](#)

Les is reminded of this. (26/8/96)

Les: I have one question, if I might, when you said that I should rest more, did you mean physically, or from the psychic work?

No, this time I mean your physical being. I know that time is important and there is little enough of it, I'm sure. But you do need to rest a little more.

Les: It's quite permissible to carry on with the meetings, as I do then, but I will not take on any more of the extra evenings, that I have been doing.

Yes, you must look after yourself, because you see, as you grow older in your earthly years, so the body depletes its energies and you must allow sufficient rest for that physical being.

Les: Right, I will see to that, once my present commitments are met, I shan't take on any more.

But I don't give you permission to stop.

(Laughter)

Les: I'm pleased about that—I'd hate to have to.

I'm not ready for that yet.

Les: No, nor am I, I'm very pleased to hear you say so, but I will cut out the others, I probably have been taking on too much for people who want help and I do understand and appreciate your concern.

Yes you cannot help others, if you do not recognise when you also need to rest.

Les: Yes I shall do that in future, thank you for telling me. But I was delighted to hear that you won't let me stop.

I do not have complete control over that one, but there are many who are behind you and will help you all they can.

Les: Thank you and thank you again for all you've done tonight.

I am happy to say that this time there is more peace and contentment amongst you. It is wonderful for me, when I feel that this is so, because you give out so much more, when your lives are happy.

[A visitor comes to help close the evening](#)

A special thanks is given to Les and reassurance that spiritual energies will be returned after the work. (19/1/98)

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 nighttime, 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. *(Agreement + 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. (Thanks expressed) 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. (Thanks expressed) 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. (Thanks expressed)

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.

Leslie's lady now works on the other side of life

Leslie is reassured that the unbreakable bond still exists between them. The visitor then goes onto giving messages specifically to Les, about the need for him to let the healing work go, to help preserve his energies. Les was reassured that he is being well protected and that his work as a medium is not yet finished. The evening then finishes with an exercise projecting love. (6/7/98)

Good evening. (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? (Agreed)

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? (*Agreed*) 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? (*Affirmed*) 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.

Les receives healing from 3 spirit helpers

Also, a general round up of the year, with touching input from other members of the group as to what they had gained from the evenings. (28/12/98)

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.

(Thanks expressed)

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. (Thanks expressed)

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? (*Affirmed*) 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. (Thanks expressed) 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. (Thanks expressed)

Salumet speaks to Les

Salumet gives warm words of thanks and encouragement to Les, and reassurance about the continuance of the work into the future through others. The teachings and other work is to continue. Salumet includes a few wise words such as whilst our physical bodies can give us trouble, it is the spiritual growth that is important. Salumet also states that he will now be directing himself to Lilian, as the new chair of the group. There will be changes and adjustments, but there is no reason why the teachings cannot continue. (1/3/99)

Due to Les's health problems, several meetings were cancelled over the next few weeks and Les made an extremely difficult decision that his health was getting to the point where it was time for him to move nearer to his family. His son lived on the coast and it was hoped that as well as providing support, the sea air would do him good. In the weeks that followed, preparations were made in readiness for the move. In the interim, Les, Eileen and Lilian met and were surprised when Salumet came through. The recorder needed to be quickly switched on, which is why the usual greetings are missing:

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

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

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

Les: Yes please.

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

Les: I do indeed.

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

Les: That's very kind of you.

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

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

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

Les: Thank you very much indeed.

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

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

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

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

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

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

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

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

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

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

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

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

Lilian: Lovely, isn't it—

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

Yes, and that is upliftment in itself.

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

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

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

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

Lilian: Thank you very much.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Les: Yes, I shall let the others know.

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

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

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

Les: Thank you.

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

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

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

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

Leslie's farewell

A touching evening of what is still to come, but also of farewells and exchanges of thanks.
(12/4/99)

My welcome here has always been one of abundance.

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

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

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

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

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

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

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

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

Les: Yes I do try to do that.

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

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

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

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

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

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

Lilian: Yes we will.

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

Les: I'm sure they will be.

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

Les: Good.

Lilian: Nice to know.

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

Lilian: We're very grateful.

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

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

Lilian: Yes, we will.

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

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

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

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

Les: Good.

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

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

Lilian: Yes.

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

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

surface. Therefore, as I leave you my dear friends, let us join in our thoughts and give thanks to that Great Creative Force, to which we all belong.

Les: Yes, I'm hoping that one day in the future, my son and I will have the pleasure of you visiting us?

I will be around. His *desire* is great, but there will be times when physical living will take command for him. But be patient, all will be well.

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

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

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

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

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

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

Lesson of unexpected loss

This was a spiritual lesson that Les needed to learn. The changes and loss of friends, but also the routine which had been such a big part of his life for so long, was spiritually necessary for further growth. (5/7/99)

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

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

Lilian: Yes they will be.

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

[Leslie's return home](#)

We are reminded again how the Power of Thought can manifest. We really must try to watch our thinking even though as being human means that we cannot ever be perfect in this respect. Moon Feather and Sister Anna also pay a brief visit. (27/9/99)

Good evening. (*Welcomes*) This time I wish to say just a few words, because I am aware of your many thoughts, which have been directed to that friend who has now returned home to us. I wish to say to you my dear friends this, and then we will allow time for reflection, by each one of you on much good that that gentleman has given to you all. I feel it is useful this time to say to you that the passing of this one is very good example of what I have been trying to teach you about Power of Thought. I say this to you my dear

friends, it was not his time. Yes, you are surprised, I know. He had a few more of your earthly years left for work to be done, but let me say that the power and the guidance of his many thoughts over past time, had to create the opportunity for those thoughts to be realized. Do you understand what I say to you?

Lilian: Could you explain a little more please?

Yes, the gentleman in times past has often expressed the desire to be with those whom he loved in our world. When constant thoughts are given in this way—I have told you my dear friends, that thought is the most powerful component that you will ever possess. Each one of those thoughts created a situation, which eventually led to the power of the thought having to materialize. Can you see? (*Affirmed*) I hope that you can see from this example, how careful you must always be with your thinking.

Lilian: Yes, we can see that.

I also wish to say to you that although it was not his time, he will suffer no consequence from it; he will continue on his pathway. But I will say possibly happier until the realization comes that there was more to achieve.

Lilian: Yes, I remember you saying he has more work to do.

Yes and he had, but that is why my dear friends, I constantly remind you about the Power of Thought. Can you understand it now? (*Affirmed*) Your dear friend had much wisdom, but he was also human as each one of you are, but that should not stop you in trying to become more aware of your thoughts and your thinking. When thoughts become all powerful, there has to be a re-enactment of those thoughts. So you cannot say, ‘*why did this happen?*’ I know you fully *don’t* understand why such situations are created, but again we have moved to deep matters. ‘*Why,*’ I can hear you say ‘*did he just not pass peacefully?*’ There are many complex issues associated with this and this is not the time for me to go into those deep matters, but eventually we will, my dear friends. When your understanding grows slowly, slowly, then we will again talk about these many things that cause you difficulty.

Lilian: Yes, we do ponder sometimes why we need the pain and so on.

You do not *need* the pain, but again it is the *thought* and the control of it which makes the difference.

Lilian: Yes—we’ve got a lot to learn.

I did feel that each one of you needed to hear these words this time, not to remind you of your friend, but in order to remind you of what each one of you is doing with your *thinking*. (Yes) I will leave you this time. I feel that too many thoughts are travelling with you and therefore I will not give new information this time, but say to you my dear friends, *thank you* for allowing me to come to you once more; and to allow you now some time, either to reflect or to speak quietly amongst yourselves, in order that your understanding may grow stronger. I leave you now secure in the knowledge that always I am with you. (*Thanks expressed*)

One then came through Sue, who had been before:

Moon Feather, Moon Feather will see old friend. Moon Feather will be happy to see face to face and talk many, many long moons. We have much to say. Moon Feather very happy, can speak here. He comes with great love to all. Leave now, not easy this time.

Lilian: Will you come again and talk to us.

Have come many times, so will return again to speak and will one day come with friend and all will be happy.

Lilian: We look forward to that very much.

Leave you now—much to do. (A few words were spoken in Moon Feather's language before leaving.)

Another then came through Eileen:

I did not expect to make this journey, but I have accepted that I should return to you one last time, in order to give to you this news. Moon Feather has spoken with you I understand, but I feel that having known this friend for so long, that I would bring to you perhaps some joy. I am very old acquaintance of the friend who has come to us. I wish to tell you that he has been overawed by what he has encountered.

Lilian: Has he?

Yes, I tell you my name, only so that you may recognize me as being a true and trusted acquaintance. I am Sister Anna who over the long years of his earthly working, have visited with him on many, many occasions. What I wish to tell you, is that he will, in time, endeavour to make contact with you.

Lilian: That would be wonderful.

But as you will probably be aware, there is much for him to do and to know.

Lilian: A lot to learn is there?

Always we learn—(Amused tone)—that is something that is never ending, but we wish you to know this, that your time upon this place is fleeting, therefore do not express any sadness or sorrow for one who is now much more alive. Look to your own lives and know that your lives too are fleeting by the everlasting clock. (Yes!) Therefore I say to you, thank you for allowing me to speak with you.

Lilian: We're most grateful—we cannot express our gratitude to you.

We wish no gratitude, but we ask you to think good of those you have known, those you have lost, but we have found—(Recorder cuts off here but Sister Anna had nearly finished)

Leslie returns to the group

Leslie Bone, our group founder and leader, who passed to spirit in 1999, returns briefly through Eileen. (30/7/01)

**Hello my dear, surely you haven't forgotten me yet? I can't get the voice right. (Pause)
Hello Lilian.**

Lilian: Hello.

You don't know me, do you?

Lilian: Does it help if I put my hand there?

No—it's Leslie, Lilian.

Lilian: Hello Les! (Chuckles) Sorry, you know me! You're very, very welcome.

I'm very emotional.

Lilian: How are you getting on, need we ask?

Met Roy, (Lilian's husband now in Spirit) had a good chat.

Lilian: Good! Give our love to Ruth, Roy, Graham, there are so many.

So many you would not believe.

Lilian: There are lots of reunions for you. You are busy no doubt. (Very.) Are you? It doesn't surprise us.

Breathing difficult this time. Bring the dratted conditions back. (People who return often temporarily bring back the previous health conditions)

Lilian: Yes, that must be a real nuisance. **(Yes)** I understand you visited the other group as well, the Wednesday group as we call them. We know that you visit and probably come and listen to Salumet's words.

(Moving head to view others) Hello everybody. (Warm greetings) ***I tried really hard to get the voice, but I can't do it, so please accept me for who I am. I have taken quite a long time to come to you, but I promised I would and I am here.***

Lilian: I guessed you would make it one day, we hoped.

Sarah: Your voice wasn't far off Leslie. I recognised you when you came through, I thought it was you.

I was trying to make an impression on Eileen's face, but it's a bit smaller than mine was and it's not easy.

Sarah: Well, I had my eyes closed so I couldn't see you.

I wouldn't have expected anything else, my dear. If they were open, I would have wanted to know why. (Chuckles) ***Anyway, I'm here to let you know that everything's fine. I follow everything you do and let me say that you are doing a grand job.***

Lilian: All thanks to you that we're on the right track.

We'll have none of that Lilian! (Chuckles) ***You know very well it's not the people but the work.*** (Yes) ***That's what's important and I told you it would carry on, didn't I?*** (Yes) ***Well I have to tell you that my time came to an abrupt end as you all know and it was my own stupid fault, but there again you know me well, and I had to keep my eye on what was going on. But never mind, it's what I wanted and it's what I got. But I did have a surprise. It was my father who met me and it was a lovely surprise I have to tell you. Of course it wasn't long before I met everybody else and I can assure you it was an emotional meeting. I can only tell you my dear friends that everything you imagine it is, is better than what you imagine. I cannot begin to explain just how wonderful this place is. I wish I could, but I can't at this present time. I am hoping that as time goes on, I can perfect the voice for the recognition, and that I can superimpose my face upon—***(The tape came to an end and was hastily turned over)***—Thank you so much for all that you gave, all the dedication and the time that you gave to our meetings. I can't begin to tell you all of the people that you've helped and all I want to end by saying is that I am supremely happy and I have to go, because I can feel myself beginning to fill.*** (With tears?) ***I will be back, hopefully with recognition for you. And so much work to be done. God bless you all my friends.*** (Thanks + farewells)

Paul: I can see a white flower. (Near Eileen) I don't know what type of flower. A little bit like a daffodil, but it's not, it's not a white daffodil. There is a red flamey bit in the middle.

Eileen: Oh I feel quite emotional, I'm sorry. He was all right until the end. I could feel my face being twisted all over the place and I thought, what on Earth is coming! I wasn't sure who it was and then I could feel like I was—you know he breathed very heavily—and I could feel it on my lungs and I thought, somebody's got breathing troubles. Then the face went again and I thought—*who is it?* When Lilian spoke, I felt annoyed that the sound wasn't what I wanted, if I can put it to you that way. I felt that he wanted it to be different.

(We then discussed excitedly our dear Leslie's visit, over a cuppa)

Leslie returns a second time

The group is delighted to have a visit from their dear friend Leslie, channelled again through Eileen. (25/8/03)

Lilian: Welcome to you.

You don't have to welcome me Lilian.

Lilian: It's lovely to have you here anyway.

As you can see, I'm still being taught that dratted patience issue. (Laughter)

Lilian: It's lovely to hear from you.

Yes, it's good to be with you all. I've worked hard on the emotion and on this dratted breathing, which always caused me a problem as you know full well.

Lilian: You sound fine now.

I'm well. (Good.) You wouldn't believe how well—of course you do, of course you know how well I am! (Yes) I took this opportunity, because I don't feel that I thanked everybody for all of their good work and I know it still continues and I don't come back as often as I thought I might, because—you'll enjoy this George—there's plenty to do, plenty to read—I'm always in the halls of learning.

George: We all thank you of course, we're all very much indebted to you, for the work which you initiated here. (Affirmed)

Sarah: Yes, I was only thinking the other day, if it hadn't been for you Leslie, none of us would be sitting here now.

Not at all, without all of you, the work wouldn't have continued, remember that, it's the work that's important. We're just individuals, so remember that friends, that every opportunity you're doing good work.

Lilian: Do you have a chance to listen to people like Salumet, where you are now?

There's great teachers here, who come every so often. I unfortunately haven't had that pleasure yet, but I'm sure the day will come. I'm so involved in these halls of learning, that it takes all of my time. Yes, and as you can imagine, there was many people to talk to, to greet and remember old times; it was a wonderful experience and still is.

George: And these would all be friends and acquaintances from the past?

Exactly, and more—and all the helpers and the people that we spoke about at the meetings. All those people are available, if you so desire, and knowing me, I so desired! (Laughter) I've been and watched you all for little whiles at a time, I don't know if you've been aware of me around, but it's been good to see how your lives have been progressing.

George: Your name comes up from time to time.

Yes and I'm aware of it, each thought of a name is collected, so we are aware. There's no need to tell me, or tell you rather—you see my words still get confused at times. I don't need to tell you that all these thoughts get collected and we know what's going on.

George: Speaking for myself, I get along better with the hearing aids now; there was quite a serious problem with my hearing at one time and I was missing some things. But it's improved.

I could offer you the solution George, but I don't think you're ready yet. (Laughter) I don't think you would appreciate the suggestion.

George: It's nice to be reminded, there is the long-term solution. **(Yes)**

Sarah: It's good you started the typing back of the scripts Leslie, because that's been a boon for all of us.

Yes, it was a good idea, wasn't it?

Sarah: A very good idea yes.

Lilian: It's amazing, I was going through some earlier ones tonight, gosh!

It's strange when tapes are played and you're listening to yourself talking; it's quite strange I can tell you, but at the same time it's very touching that these memories can be brought to mind.

Lilian: Do you ever drop in on the Wednesday Group, Iris's group?

I have done, but as I say, I haven't returned too often, because there's too much for me to be doing.

George: And have you awareness that another book is in preparation?

Well, let me say this to you George, I know more than you probably think! (Laughter) And if I might say, there's been the odd tap on the shoulder, just to help you along.

Sarah: I was wondering if you'd had a little input Leslie.

George: I'm getting help I know, from a number...

From a number of sources yes, you'd be right, yes. It's not down to one, this word here goes on and on and it's a joint effort.

George: I thought you would be very aware, because there are no flies on Leslie. **(Laughter)**
I'll accept that as a complement George, thank you very much, yes.

Lilian: Could you give my love to Ruth and Roy and Graham?

They're aware of you all, don't you worry, yes you don't forget old friends, yes. Oh I'm so pleased that I've managed this time without the emotion.

Sarah: So it's easier to come through this time, is it?

I've been working hard, it's not easy. I understand now exactly why there are difficulties in communication.

George: Well, it's wonderful to have a cosy chat, yes I've no idea how easy or difficult it is for you, but it seems to be a cosy chat to us.

Yes, we always assumed that having a bit of knowledge would make things easier; let me tell you that's not the case. There's much that goes on behind the scenes and of course it helps when the energy is good and people are open and of course to come back to friends, makes it much, much easier. But what blocked me last time, was the emotion, which I was feeling. But I know you knew it was me, and I tried hard this time, not to give the breathing problem.

Sarah: You sound fine. **(Yes)**

Margaret: It's lovely to hear your voice.

It's the result of hard work, I assure you. Anyway, I won't keep talking, I'm sure you've heard my voice often enough.

George: We don't hear it often enough these days. **(Affirmed)**

Margaret: No, come again.

Lilian: But we do think about you.

I know you do and I do as well. You were all a great part of my later years, for which I was really, really grateful to you all. (Thanks expressed)

George: The feeling's mutual. **(Affirmed)**

Well, I won't take up much more of your time, because there might be others wishing to come, and as I've said, I'm the one who's (isn't?) patient with people yet.

Margaret: You've made my life a lot happier, I must admit.

Sarah: Do you want us to pass any messages on to anybody Leslie?

No, all I can say is, I'm around my own family quite often, which is natural. And unfortunately I now see that I was quite harsh at times, in my words, in my thinking. That may surprise you? It was a surprise to me. But I feel that I've helped since I've come, in many ways, to make things right.

George: We're all human, we have our little changes here and there.

Yes, that was one of my favourite sayings wasn't it George, 'We're all human.' And I still stand by those words. (Laughter)

George: Yes, that's the saying that Salumet once said, I don't want to hear that you're only human!

Yes, I know.

Lilian: I was talking to Vic, you know your old neighbour, and he said did we hear from you, so now I can say yes, we've had a good long chat.

You can tell him I'm still Leslie, still haven't changed too much; but improving.

George: And do you look in on your daughter in Canada?

Yes, my family are well looked-after by me. It's one of the things that I'm able to do from here that I wasn't able to do when I was with you, because she was too far away.

George: Yes, it's an easier journey for you these days.

Easier? It's a click of a finger George.

George: Wonderful.

Yes, I won't even begin to describe what it's like, because it's almost impossible. All your imaginings, all your thinking—under-rated! You have to come, to discover what it really is, it's a wonderful life.

George: We will, we will!

Lilian: And you can help show us the right way to go. **(Yes)**

Sarah then asked Les about some tapes, which were missing and Les said he'd try to help locate them.

Now, although I'd like to stay and share a cup of tea—at least I don't have to make it anymore, so that's a consolation if nothing else. (Laughter)

George: One question which comes to mind, are you aware of the politics in the world and the problems in Iraq, or has that all become more dimmed?

We have an awareness, if you really are interested, then of course you have much more detail, but of course you have to be interested in what's happening and do you know, lots of people just want to move forward. So always remember that all of the information is available, but not necessarily known. So that would explain sometimes, why people who come through to you, seem vague on all of these issues.

George: Ah yes thank you. So that which is not interesting (to the person), is conversely almost boring and becomes dimmed? **(Yes)** Thank you, that's nice to know.

But we have awareness of all things, if you wish. I wish I could take you George to these books, you would have a whale of a time.

George: Yes, I'm sure. I guess it will happen, eventually.

Sarah: So I suppose as you don't need any sleep, you are there all the time are you Leslie?

No, not all of the time. I'm involved in healing on this side, I'm involved in many things, but now I'm being shown the clock. (Laughter) I've been told I've spoken enough for one time, so that information might come next time.

General: Lovely to have you here and do come again! (Affirmed)

I'm sure the opportunity will come, I am aware of you all and ever-grateful. And again I want to say thanks and love to you all. (Thanks + farewells) Oh and I don't like what they've done to my bungalow!

(Laughter)

George: Now that's a very 'Leslie' remark.

Leslie then withdrew and we chatted excitedly for some time.

Ruth visits

Ruth was Leslie's second wife. (4/10/04)

One briefly came through Sue to collect some energy that had been given, because it was now needed in Spirit to assist the one coming. When this had been explained there was silence for just a few minutes. Then a voice through Eileen said: "It's Ruth!" Ruth had been Leslie's wife in the physical life and passed to Spirit 1990. Ruth, Lilian and Sue had been very good friends in the early, pre-Salumet days, and it might be said that it was Ruth and Leslie together, who established what we now think of as the Kingsclere Group. In those days, Lilian and Sue would sit either side of Ruth. On this occasion, they still sat either side of Ruth who now came through Eileen.

It was a grand reunion for the three. There was laughter. Ruth declared that she must take care to control emotion and it seemed that she managed this very well. I noticed the three held hands and smiled a lot. Lilian and Sue were addressed by name, but the rest of us were also no strangers, because Ruth looks in on our evenings from time to time. And she says what a nice room it is and it was easy for us all to exchange pleasantries. Ruth has seen Leslie, Roy and others and she keeps busy. She works helping those coming to Spirit to adjust and go forward. Eventually she said that she was told her time was up and we all felt delighted to have had such a chat. I said it had been a treat and a privilege and of course Lilian and Sue asked if she would come again. And what a shame that Ruth could not stay for tea!

Leslie and Ruth briefly return

Another visit by Leslie delights the group. (9/5/05)

Lilian, Lilian?

Lilian: Yes I'm here.

Dratted breathing.

Sarah: Ah Leslie! (General excitement and warm welcomes)

I thought I could control it this time, but...How lovely to be here.

(Side A of backup recorder ran out at this point and George went to change the cassette)

Lilian: George is just changing the tape. (Yes)

Sarah: Anyway, you're coming through loud and clear Leslie. We can hear you very well.

I just hope it's not too uncomfortable for Eileen.

Sarah: Anyway, she'll be pleased to have you through.

This is the opportunity to say thank you to George. I've looked at the book. Lo and behold, I have to say I felt some pride, even though I shouldn't be feeling that now, but I do and I'm most grateful that the teachings are carrying on.

Lilian: Yes, it's absolutely wonderful.

George: Yes, we're delighted that they continue.

Oh, I'd forgotten how uncomfortable these conditions can be. Ruth's here, but I'm the spokesman as I always was...

Lilian: I guess you are aware that we now have a visitor from another planet?

I'm aware of all that happens here. I often come and listen and I'm surprised you haven't been aware of some comments... (Laughter) But I want to say good luck and god bless you all. (Everyone voiced their gratitude to Leslie.)

George: We think of you often.

I know and you lot aren't easily forgotten. (Laughter) And on that note I'll leave you to it. (Much thanks and suggestions to come again.)

George: Do come again, because the next book will require an epilogue as well. (Chuckles)

Ah, he wants to see me suffer! (More chuckles) Bless you all!

Sarah: You too Leslie.

Lilian: We're ready with a glass of water Les.

George's notes:

Re Leslie's visit: As we know but other readers may not, Leslie was troubled by breathing difficulty whilst on Earth. On return visits, it is natural for that difficulty to recur for a little while (although it is absent in the Spirit life). The glass of water was to refresh Eileen who would have been impressed with the breathing difficulty and the mention of it was to reassure Leslie that all would be well. The epilogue quip related to the fact that Leslie had been through to provide the final chapter of the book just published. As Leslie departed, we discussed ideas to help with the breathing next time.]

Leslie visits again much to the delight of his old friends

A wonderful surprise as an old acquaintance returns to the group via Eileen!! Leslie's old breathing problems, due to only having one lung, was the giveaway! (3/9/12)

As a visitor tries to speak, Lilian and Sarah noted there was a little difficulty with the breathing and commented. And a characteristic of our old dear friend Leslie coming through was the breathing (An Earthly difficulty that would return at first when speaking via a medium). Eileen now looked towards Lilian, and a voice said:

Hello Lilian!

Lilian: Hello—is that Les? This is a nice surprise!

(A pause for adjustment followed, with sound of deep breathing very characteristic of Leslie. It was to our heartfelt delight that Leslie—he who founded and ran this group until the autumn of 1999 when he passed to spirit, was once again with us.)

I said I'd come back. How are you all?

(Enthusiastic greetings)

Sarah: We're all doing well and the group's still flourishing—meeting regularly, thanks to you Les, for getting us all started.

Thought I could manage this old lung by now, but—

Lilian: It comes back as you come back?

Yes, it does Lilian.

Sarah: Anyway, how are you getting on?

Better than I expected (whispered with enthusiasm)—thought I knew a bit—not at all!
(Laughter)

Don't think you know everything—'cos you don't.

(Agreed)

George: Anyway—wonderful to have you back.

Lilian: Have you been in the Halls of Learning listening to teachers?

I have done of course—um—taking a bit of adjustment using Eileen (yes)—with the voice, but I hope you can recognize that it's me (yes).

(Lilian extended a hand to give helpful energy)

Sarah: I recognised right at the beginning.

Yes. Ruth's busy these days—not with her all the time now.

Lilian: No, I understand.

Sara: How do you spend your time, Les?

How do I spend—I make the most of the books (yes). Love to read about more knowledge. Plenty to learn and of course, I'm still healing. The hospitals and I expect Eileen will tell you: very occasionally I use her for healing, (yes) but not too often.

George: You speak of books; well of course we have the Internet these days, which I suppose is rather like a large collection of books—

Let me tell you George, I'm still learning.

George: You're still learning, yes—aren't we all!

Thanks to Sarah, (About computers/the internet) I learnt (whilst still on the Earth plane) a little bit, and I'm still quite interested in what's going on, on the Earth.

Sarah: Do you call in and listen in to our meetings these days?

Mm, very occasionally—I know you're all alright. I would have liked to have thought you couldn't manage without me, but I knew you would!

(Chuckles)

Sarah: You laid the good foundation for us—that's what it was.

Sara: Well we always think of you, as where it all started—

Lilian: The boss—

George: Your name comes up quite often.

The Boss? I like that one—

(Laughter)

You know I wouldn't have been impressed by that.

Sara: No, but even so, you haven't lost your standing with us—not at all.

George: We have a website now, which Paul has built, and your picture is on the front of it.

Yes, well there's not much to be said about that is there?

(Chuckles)

George: Anyway, you take an interest in what goes on, on the Earth, and I guess you feel there's quite a lot going on, on the Earth, these days—

Not enough, but quite happy I think—yes. Never was too impressed by people—

(Chuckles)

—except you lot of course!

(More laughter)

George: Oh how kind!

Sarah: Glad you said that—

Sara: We were a bit worried there for a minute—

Sarah: Otherwise we were going to send you away!

(More laughs)

Anyway, I just want to say to Lilian: Roy sends his love (ah!)—couldn't be here tonight, but I'm the messenger as usual, and he's looking out for you so don't you be worried.

Lilian: Oh that's nice—thank you! And thank him when you see him.

Sarah: Have you met up with anybody else we know?

George: I was just going to say: Ann is with you lot now, in spirit.

Yes, I haven't met up with her, but I was aware of her passing.

George: It's a bit early days anyway.

Yes.

Sarah: My mum's over your side too—

Ah—all the good ones first eh?

Sarah: Yes, we've still got too much to learn!

(Laughs)

You're doing well! I shouldn't say it, but I'm very pleased for you.

Sarah: Good! Well, Salumet's become a really good friend and—

Yes, weren't we blessed?

Sarah: Absolutely.

Not what we expected, but a wonderful surprise.

Sarah: Actually it was *better* than we expected really, wasn't it?

Oh yes.

Paul: And it's gradually expanding—there are people reading the words in quite a few countries now (Yes).

Sarah: And I don't know if you are aware, but Paul channelled one from another planet.
I am aware of that, but I haven't gone into that yet. I'll have to do a little bit more investigation on that. You know me, I never accept things easily!

(Laughs)

And unfortunately that's still the way things are.

George: Well, Salumet arranged it and we've had 73-communications through Paul, from the other planet (*right*), so it's an interesting development for us and we learned quite a lot from that.

Ah, I won't book my flight just yet—

(Laughter)

I'll reserve judgement—

Sara: Well you started it all Les.

Yes—

George: Do you bump into Salumet these days at all?

No—I'm not on the same sphere.

(Chuckles)

George: Well *none* of us are on the same sphere, but—

Well I don't say I have George. I'm aware of him, but not on a friendship basis yet!

(Chuckles)

George: Yes, it's for him to come to your old group and that we pass on to the rest of the planet (Yes), well we do our best.

You're all doing a sterling job.

George: Well it must give you great pleasure to see the ball still rolling—

Yes—it's nice to be able to come without tears (ah). Yes—I was emotional before, but I—

Sara: You haven't got it now.

All I have to get over is this lung problem, when I come back so close.

Sara: Mm—Give our love to Ruth.

Sarah: You are talking actually well—

Yeah I've got the hang of it a bit now. It's not as easy as you might think. We all took it for granted, didn't we? Communication is not quite so simple (no).

Lilian: I can imagine!

But, before I go, I'll tell you one thing—that was right—as I expected, that was 'Time'—it doesn't matter a jot. And you're guided by your clocks—that doesn't apply here.

Lilian: Does that take a bit of getting used to?

Mm, for a few—most people adapt wonderfully.

Lilian: Because you're going home, aren't you, really.

Yes, and let me tell you: it's a wonderful experience, not that I am wishing any of you to join me just yet.

Sarah: And you're not thinking of coming back here again just yet either then, by the sound of it.

Not if I can help it!

(Laughs)

Sara: What happens, Les, do you just keep on doing things until you feel you don't need to do them?

Yes, you grow spiritually of course and each endeavour that you take on and 'capture', as you might say, let's you move a little further on. But of course it all depends on whether you wish to move on. Nobody is forced to progress.

George: Well Leslie, several of us are in our eighties now, so don't be surprised if we do pop up—

(Laughs)

We can always start the over-eighties club up here, can't we!

Hearty prolonged laughter as Leslie delivered the perfect punch-line

Anyway, my dear friends, it's been a real pleasure to talk—without the emotions and —

(Agreed)

George: It's most timely Leslie, because only today we were talking about the need for another Salumet book, and we devoted the final chapter in the last one to you—and you've come through again, which is wonderful!

You've humbled me George and I don't say that to many, but you have made me very humble.

(Laughter followed that—I think because we just can't imagine our old friend Leslie who organised so many of our meetings, to be exactly 'humble')

—and now it really is time for me to depart.

Sara: You were a very important person for all of us, because really you set us all on a new pathway, by meeting you Leslie.

George: I don't know how much effort it was for you to come through, but we do appreciate it Leslie—

(Agreed)

George: Thank you very much! And our love goes with you.

Yes, you're a wonderful group of people—keep up the good work.

(Thanks and goodbyes)

Beatrice returns

Beatrice was Leslie's first wife and she came to wish Lilian Happy Birthday! (27/1/14)

Lilian: Good evening and welcome.

Good evening.

Lilian: Nice smile.

You do not know me, but I know of you (oh). Yes. My name is Beatrice, and you had connections with someone I knew (yes?), and I've been told that it is one of your Earthly birthdays (yes), and I've come to wish you 'happy birthday!'

Lilian: Oh! Thank you very much.

(It was indeed Lilian's birthday, and our friends in spirit know!)

Lilian: Can you say the name of the person that we both knew?

Leslie! How could you forget?

(At this disclosure we all spoke at once and quickly asked after our Group Founder)

As usual, he is very busy, going here, going there—working—he never stops.

Lilian: I can imagine.

George: And spending some time in the Halls of Learning, I imagine.

At times yes, and he's still rather stubborn!

(Laughs)

And I have met with his second wife—you knew?—(yes) Ruth? And at times she found him quite stubborn too. I could have told her so.

(Laughs)

Oh dear! I believe that when he came, he was one of a kind, but we had a good life together; and he has asked me to drop in to wish you 'happy birthday', to say 'hello' to all of his friends, and I was only too happy to oblige.

George: Please send our love to Leslie—we remember him well. He really started something wonderful here, when he started this group.

He started many things in his life—yes, he always was a busy person. He has mellowed just a little.

(Chuckles)

But I know how fond he is of this group, although it is not the original, but you are held close to both their hearts, Leslie and Ruth.

Lilian: Well, I am very grateful to them for explaining what we do today, to me.

Yes, so I hope you accept our good wishes to all here.

Sara: Yes, please give them ours.

I do not have to say it, they feel it (yes).

George: A number of us in the group this evening, we remember well Leslie being with us. *Yes, I was with you too, but you did not know (oh). I refrained from this kind of work for many years, because of my family. Although my father was deeply into spiritualism, I refrained from it.*

George: Did you say your name was Beatrice *(yes)*? I've heard the name mentioned.

Lilian: That was Leslie's first wife.

(The penny then dropped with the full realisation that Beatrice was Leslie's first wife, prior to Ruth and prior to our participation in the group)

Lilian: Oh that's lovely!

Sometimes I was with you at your meetings. I was making up for lost time.

Lilian: I think you came and spoke once.

I did, but these good people here do not know me.

George: But I know the name—I recall the name, which came up from time to time.

Yes, but he was a good man and still is.

Sara: Well, he always spoke highly of both of his wives.

He had to, while I was there!

(Laughter)

Sara: Well I think he did anyway.

Lilian: You had three lovely children.

Yes, I had a good life—not always easy at times.

Lilian: It's not meant to be, is it really?

No, but when you look back—and I am sure that you will be the same—you are grateful for all that you have had.

Lilian: Yes, and even the bad times, you learn lessons.

Yes, even the bad times show great growth of spirit.

Lilian: Yes, I remember now about your father.

Do you?

Lilian: Yes I remember Les saying. Yes, because he was well into spiritualism.

Yes, my father was, I was not quite so into it, but of course influenced, you understand (yes). But anyway, I mustn't keep you any longer. I have done my part.

Lilian: It's been lovely—best birthday present so far!

It's been wonderful! I've heard so much about you (really?). Yes, both Leslie and Ruth have great affection for you.

Lilian: I'm very grateful.

George: It's wonderful that you've come through to us Beatrice. Please do feel free to drop by again.

Oh, it's not something I make a habit of—even now I refrain from too many of these visits, because there is no need you know—there really is not any need.

Lilian: You've probably moved on quite a bit.

Not as far as I would like.

George: Since your time we have had interplanetary communications. Would you know about that at all, or is that a detail that hasn't reached you yet?

I have briefly touched upon the subject, but I am not interested. I am only interested in what I have now. Perhaps you could compare it to living for each day, here where you are.

George: Yes, I was merely interested in how far these things reach.

You can learn of anything, whatever subject you desire, you have all the knowledge available (yes—wonderful). Yes, so just because I am not interested, does not mean it doesn't exist for others.

George: So there is no shortage of interests where you are.

No, of course not! Of course not! (Chuckles) It's very nice speaking with you.

Lilian: Yes, it's been lovely.

George: It's been very nice speaking with you. My dear wife returned to spirit 18-months ago.

Did she?

George: Like you, there were a number of years when she didn't get to the group meetings here, but she was very keenly involved in her latter years.

I know so much is spoken about what you should do and what you shouldn't do, but after all if you are a 'good' person, you will go to the right place.

George: Yes, that's what matters.

Of course it is, that's what matters, not whether you belong to a group really; although you as groups are important. But it is what is in your mind and your heart.

(General agreement)

George: Yes, we understand the planet is moving forward at this point in time—

I hope so.

George: So groups such as this are quite useful in understanding just that and seeing just a little bit of where we are going, and spreading the news.

Yes, I'm sure you do very good things. I am sure, because I don't think Leslie would have been happy to have people who were not genuinely good. He was quite proper you know.

George: Yes, he also had a very good sense of humour.

Yes—too much of a sense at times!

Hearty laughter

I did not always approve—I'm sure he must have told you! He probably made me sound like an old fuddy-duddy.

(More laughs)

Lilian: No, he didn't, not to me.

George: I must tell you, when Leslie last came through and spoke with us, he'd obviously looked at his old house, and his parting piece was: 'And I don't like what they've done to my bungalow!' We took that as Leslie's typical humour.

(Chuckles)

Yes—it was more than humour, it was fact!

(Hearty laughter)

Yes, he was always outspoken when needed, as I'm sure you must have realised.

George: Well, people these days, they do tend to make 'attic conversion jobs' of bungalows. *Yes, it was a sore point for him when he first came—attics, because you know that is how he passed on, don't you?*

Sara: Yes!

So that remark was quite apt.

(Chuckles)

George: Well, I'm sure you would understand Leslie much better than we do!

Well, I've come to know him even better, but of course I knew him and understood. I did not always approve, as I've said.

(Laughter)

But let's face it, men and women do not always agree.

Lilian: Well, it's a miracle if they do, or they're telling a fib.

(Chuckles)

Yes, you are a lady after my own thinking! And now I really must go—I am being called and told to hurry things up.

(Thanks and farewells)

I have enjoyed every moment with you. ask my forgiveness to this lady (Eileen), I think I might be making her throat dry.

Lilian: Right, well she'll be very pleased to have had you though her.

George: We have a glass of water at the ready.

There's nothing wrong with a tippie, although Leslie didn't always approve of that.

Lilian: Although he began to make wine in his latter years.

Yes, but—

Sara: For *others* to drink, not for him.

Lilian: He had a tippie himself.

Sara: Oh, he did?

Lilian: Yes, I think so.

He did indeed yes—not too much. I think he felt the spiritual resistance.

(Chuckles)

Sarah: Good words.

Yes, that means me!

(Laughter)

Now I really have to go.

George: Thank you Beatrice.