

18. Spiritual energy

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Salumet touches on the subject of energy many times. It appears 'all' is energy, which is interlinked throughout all that there is. We are also told that energy has intelligence. A great vast topic that we will not fully understand until we enter deep spirit. What follows is a collection of teachings that touch on the subject of energy in its many forms all presented in date order. Questions start with the bizarre phenomena of spontaneous human combustion.

Peera energy is behind spontaneous human combustion

Debbie asks about human combustion for the first time on 27/11/94 and is given information about 'Peera' energy.

Debbie: Can I ask, is there such a thing as human combustion, or is it just a myth?

Yes, I have heard of this. I really cannot speak too much on this matter. I think you have to go to the energies of the human being. But perhaps I can come back to that for you.

Les: Yes, that's usually associated with poltergeist activities, isn't it?

Debbie: There's been quite a lot of talk about it—

I will say just this to you. If you are all energy—I need to go a little deeper please. If you are all energy, you are ever-moving. Like the speed of light, which is an energy, which is fast-moving, thereby there are energies, within the human body, which too are speeded up. There are many reasons and many conditions for this. It is an energy, which is not known to you, but it is within each and every one of you. If you can imagine the power of energies gathering in force—can you imagine? You have to use your vision, for what I am trying to say to you.

Debbie: Right—

Within the body, energies gather. They twist and turn and bubble up, almost like a volcano. That is why these people, this combustion you speak of, is so puzzling, because it comes from within, not from without. Is this difficult for you to understand?

Debbie: No, I can understand—

It is an energy which is of such high degree, that it is almost like an inner explosion. Energy so great, that it burns from within. That is why it is puzzling to your Police, to your scientist, because it is something they cannot fully understand, as yet, because they do not understand the *real* make-up of the human form. (Thank you.) This energy, we call 'peera.' It is not something that is normal, it is not widespread, but I tell you here, it is known as 'Peera' energy. Note that please, because it is something that will become known eventually.

Les: But there is no need for anybody here, to be concerned that it might happen to them?

It happens, but let me say, it is not something that will happen just like that. There are many, many reasons, which I will not go into now. It is something more than just human living. I don't wish to go into it now, but perhaps I will come back to it, on another occasion.

Les: Thank you very much indeed. Satisfied with that then Debbie?

Debbie: Yes thanks.

I have to say, you are *all* energies; living energies. And as too your human forms fail, with disease, with bitterness, with fear, so too is it possible, for all these things to go deeply within, rather than to come outwards, to show themselves outwardly. Can you see?

Les: Yes, rather like the internal tumult, preceding the eruption of the volcano, I would think.

It is like, let me say, let us take the element of gas. If you blocked off gas, both ends, it has to go somewhere, does it not? It would build up and what would happen? There would be an inner explosion. Can you see? That is a very, very simple equation, but it is as simple as I can put it for you.

Sara: Repressed energies, possibly—

Yes, very much so. But energies, energy you do not know of, but I have said to you, we call 'Peera' energy.

What happens when there is a build-up of abused energy

This topic is touched upon again by Les. Salumet describes it as a build-up of gone wrong energy or built up abused energy. It has nothing to do with ghosts. Salumet promises to bring some speakers on the subject of energy. (16/1/95)

Les: Whilst we are on this subject of poltergeists, would that be ascribed to the rare occasions, when a physical body is actually consumed by fire, for no apparent reason?
No, no, it is an inner energy. I have told you, the energy that creates that, is an *inner* energy. It is an energy that has, to put in simple terms, gone wrong.

Les: I see. And would the person so consumed, have been responsible for that burning?
They are totally yes, they may not be aware of that, but yes. Let us take the word 'consumed,' that is exactly what has happened. The body has been consumed by the overpowering energies.

Les: And the person so consumed has been responsible for it?

Yes. It may not be from one lifetime. It has to be a build-up of abused energy. That within the physical, becomes contorted, and has to have an expression, if you like.

Les: Yes. What would be the result to the etheric body of the person so consumed?
The etheric body would of course, be shocked. But ultimately would face up to the fact that they are responsible. So therefore, would go from there, to counteract, if you like.

Les: Therefore, would have to begin the process of progression.

Would have to, yes, yes.

Les: That certainly gives a most interesting answer to it. One I've never seen or read before. Thank you, I appreciate that.

We are talking of energies not known widely, to man.

Les: And of course, there cannot be any physical explanation of it, because the person has been consumed and is therefore unable to give the explanation.

The word is very apt, to be 'consumed.' That is exactly what has happened. We are talking of difficult things again, when we talk of energy, because your knowledge of energy is very

limited. I would feel you would find it difficult to even imagine what energy feels or looks like. But it is something that can be felt, as you realise it can be felt in many ways. So, it is something that has to be spoken of later in your time.

Les: Thank you. Yes, we look forward to some of these people that you are going to bring to discuss these things.

Yes. I don't say you will understand them, but I will be happy to bring them along.

Les: Thank you. No, it will be, even if we don't understand them, it will give us a better inkling of these things. We can't hope to understand them all in our physical awareness.

All too often, you *physical* beings are looking for *physical* explanations. Once again, I say to you, the power of your thoughts. Look always to that and you will find many, many answers.

Les: Good. Yes, this is what I try to emphasise when I try and describe the next world, to newcomers here, who wish to learn.

You cannot. There are many, many ways of describing the next stage of life. And of course, your own minds will create that which you will encounter. So, you see, there will be no 'standard,' if you like.

Les: No, you are quite right, there won't be.

So, it would be wrong to say you will see this, do that, meet this one. Only the soul itself, will know what to expect.

What of holy men who use fire to dispose of their bodies

George takes this subject further with holy men who have used human combustion to dispose of their bodies. Salumet does not agree with their wisdom on this matter. (29/1/96)

George: We have had a question on 'spontaneous combustion,' and I've since read that it has been documented in the Sanskrit writings, and certain Holy men who are sufficiently in tune with their spirit-selves, to know their time of departure from this life, will actually use spontaneous combustion, through a method of contemplating the solar plexus and they will use it as a method of disposing of their body at the appropriate time of death. I'm not sure if this is a particularly useful thing to do, would you have any comment on that for us and could you say if those writings are correct?

Yes my friend I will speak. I did tell you when we spoke upon this matter, that this combustion, this name you have given to this burning, this action is not understood by those of you on this Earth plane as yet. I told you then and I will tell you now, that it is only a change of energies within the body, which makes this happen. When you speak of these men, who I must say have gained such insight and knowledge about themselves, then they would be capable of changing energy patterns within their own bodies. We have spoken briefly I believe, about how these people can leave their physical bodies behind, have we not?

Les: We have indeed.

We have spoken about many things. I have to say to you, I do not think that to leave the physical body in this *manner*, is very good or wise. I do understand the reason *why* they do it—they think they are sacrificing themselves, that they can leave the physical being

more quickly and more neatly, by reducing it to ash, because you see, in ash they see purity. You understand?

Les: Yes, the purification of the fire.

Yes, yes, but I would not totally agree with them, but I do understand why. Providing they do not hurt others with their ideas, then it cannot be wrong for them. Does that satisfy you?

George: Yes thank you very much.

Les: That of course, is always supposing that they are absolutely right, in having picked that particular moment, for their departure from this Earth.

If they have the knowledge, then the awareness would be great enough, then yes most of them *do* know when their time has come.

Les: I see.

Yes, they do have a great awareness—some of them.

[Why do ordinary people sometimes spontaneously combust?](#)

Sometimes it is a misjudgement of the soul that causes the build-up of energy within the human body. This explains how 'normal' people (rather than the Esoterics) can spontaneously combust. (5/2/96)

Les: My friend asked the question about Spontaneous Combustion, and I quite accept of course the answer you gave, about those who have been tutored in that way, to dispose of themselves at the right time, but that doesn't account for some of the occasions, when a normal person, a rank and file person, has been found partly consumed by fire. I can't imagine that those particular people would have had any knowledge as the esoteric people had?

No, my good friend, I have spoken on this matter previously and I believe I told you then, that these cases that you put forward to me, are an abnormality of the energies within the body. They of course are not aware of this problem. We are speaking upon a much different subject, when we speak of these other peoples. Their awareness is not there, it is a fault within their energy bodies.

Les: Is that so? **(Yes.)** Well it certainly manifests itself then.

It is an overpowering of the energies within the human frame. It is caused by the soul itself.

Les: Is that so?

Yes, as all things must be accounted for, so too must the acceptance of this so called phenomenon, as you would say—It is *not*, when you understand the energy forces, that are your own make up.

Les: I see. So effectively, the person who has been so consumed by fire, has been responsible for it happening? **(Yes.)** But without being aware of that?

The awareness is not within them, it is something they will face, when they come to our side of life.

Les: Is that so? **(Yes.)** So would it be classified as something evil, which causes it? **I would not term it evil, I would call it 'misjudgement of the soul.'**

Les: I see.

You understand?

Les: Yes I do, so the soul itself is responsible for the happening?

Yes, it is a misuse of energy.

Les: So to understand that fully, we would have to go back through several previous lives of that soul, I imagine?

Not always, but yes that could be part of the problem. We again touch upon the subject of energy, which is difficult to convey to you, in understandable terms.

Les: Yes I quite appreciate the difficulty.

But I assure you, it is caused, it is an all-consuming energy, that needs to release itself.

Les: So though we don't understand it as human beings, it is understandable, with the right knowledge?

Yes, you will understand more, perhaps one time I will devote more time in explanation of it.

Les: Thank you very much indeed Salumet, I appreciate the answer. I quite thought that my friend might have thought the same thing as I did, what happens to those and now that answers it.

We have discussed it briefly, but I know we touch upon difficult subjects. But I hope that has explained it a little more clearly.

Les: Absolutely thank you, I'm perfectly happy with that.

Evolution of animals (and plants) in nature

Les asks about evolution and the intelligence behind it. This complex subject is addressed by Salumet as a subject that is 'encased in the world of energy'. He reminds us that all life is energy. Our current scientists are on the right track but are not quite understanding. Apparently, each stage of evolution, is in fact a change of energy. The intelligence behind evolution cannot interfere once the ball is set in motion, so to speak. Salumet explains.
(6/5/96)

Les: Yes, if I might begin as usual: I have always been concerned about evolution in the animal kingdom—mainly the animal kingdom. You have told us that there are intelligences, who have the responsibility for overseeing all aspects of natural life. I've often been puzzled, when we consider the theory of evolution, how it is that species have evolved, because there must be a time, particularly when there is a considerable evolving, when the animal in question is neither one thing, nor another—I think that is fairly self-explanatory, if we think about it. An animal that took to the seas from land; there must have been a time, when it was neither sea animal nor land animal. Does that evolution extend over many centuries, or do those intelligences responsible for that particular animal, are they able to in effect, make an instant change in its characteristics? Or do they decide what is going to happen to it, in respect of its evolution? I'm sorry it's such a long question, I think you'll understand it.

I understand fully my friend. It is a complex issue, of that you know. But I have said there are intelligences, for all forms of life. Nature 'provides,' this has to be so. When you speak of 'intelligences,' and can they bring forward evolution as you put it, in a way this could be

interference, so we cannot allow this to be so. Evolution takes place, within the *natural order* of life. So, you talk of much time, *much time* of evolvment. The intelligence that we speak of, involved with all forms of life, are there for support, not to interfere in change or growth. I think you will know more, when we speak of *energy*, I think the explanation will become clearer to you, because of course, this subject is encased within the *world of energy*.

Les: Yes of course.

I have to say about evolution, as a mass subject, that much has been spoken, but not always quite correct. Although your scientists have been moving in the right direction, within the last few hundred years, but not quite so. But hopefully all will be explained more clearly to you, when we speak about the subject of *energy*, because after all, *all life-form is energy*. You understand?

Les: Yes I can quite understand that.

So, you see, each—how can we put it, each *stage of evolution*, is in fact a *change of energy*.

Les: So, a change could be immediate, could it?

No, no, no.

Les: No, this is what puzzles me.

Yes, no, that would be a form, a form of interference—that cannot be so.

Les: Yes, I can understand that.

It does not follow the natural laws to do so. But we will return to that when we speak about energy.

Les: Good, thank you I'd like to have clarification of it.

Yes, it is a complex issue, which can be clarified to you, in simplistic terms.

Les: Thank you very much. I've puzzled about it for a very long time.

That is why it has taken so long for the subject to come to the fore, because it is a puzzlement to mankind.

Les: Yes, and as I say, some of the concepts which have been published, are far too glib, for me to accept them.

Remember always, that throughout your earthly history, mankind has changed what he finds to be—and changes his mind so often, to suit himself.

Les: Yes, you're right there. (*chuckles*)

But that is not to say it is a fault of mankind. It is part of his seeking, part of his search for knowledge. So, there is nothing wrong with that, but we will return my friend and we will clarify this situation.

Les: Thank you that would be most interesting.

But it does fall within the *energy*, which we wish to speak about.

Les: But you have cleared one major point, which bothered me, that is the intelligences responsible for these particular aspects of life, *have to* be confined by the natural laws in any case, and can't interfere. So, they can't make a decision, which would alter an animal, bird or fish.

It has to be within the *natural law*, that cannot be altered.

Les: That certainly clarifies that question in my mind, thank you very much. We all look forward to hearing about energy, when it's convenient for you to do so.

Yes, we will return, it is an important issue, an issue which we must (?) to go, to try to clear some of the facts, that have been placed before you.

Les: That would be very interesting. Thank you Salumet.

All I will say about energy, it is the basic life-force, of all things.

Les: Yes I think we all accept that much more realistically now, than we could do, when you first began speaking to us.

Yes, it will help you to understand, how this evolution has taken place, in your world, not only in your world, but in others.

Les: Yes, that's another subject which interests us all, the existence of other worlds. We hope to have more information about that in due course too. **(Yes.)** We're very greedy for information. *(chuckle)*

I fully understand and I thank you all dear friends, for your patience, in waiting for the knowledge that is coming to you. But don't you say upon your Earth, that all good things come to those who wait? *(cheerful agreement)* I believe that is one of your earthly sayings?

Les: Yes, you're perfectly right in that.

So, bare this in mind please and we will take many steps forward together.

Les: Good that's lovely to know and we do all thank you. Now, other questions anybody?

George: Can I add to that, one our modern philosophers David Bohm, he talks in relation to changes in animal species. He talks about what he calls an '*Implicit Order,*' as being a non-material realm, which is in resonance with the forms in our material world and he talks of the changes in species, as arising from that energy resonance. Would that line of thought, shed any light on our understanding?

Yes, that will be encompassed within the talk about energy. This one you speak about, is on the right tracks I must tell you, when he speaks about this subject and yes, we will encompass it within our talk. But yes, I would say he is mostly correct, in what I would say is his theorising, at this particular time. But he certainly is taking the right steps forward in his thinking.

George: Thank you I'm pleased to hear that. I felt he might be on the right track. **(Yes.)**

[Ley-lines or energy lines.](#)

George asks about the enduring mystery of the ley-lines and so-called 'special places'.
(6/5/96)

George: I have one more: We have talked about stone circles and about energy to some extent, but I have been studying lately, the place 'Avebury,' which is rather more than a *stone circle*. I rather think it might be an ancient temple, built into the landscape and it seems to be surrounded by *white horses* cut into the hillside and many *tumuli*. It seems quite a remarkable place and it is almost at the centre of a large *ley-line*, which runs right across the country. You have said before that the *stone circles* connect with energy. I fancy that this is a rather special place, can you enlarge on that at all?

I will my friend. I would not term it a 'special place,' because throughout your world, there are many of these places. Some as yet unknown, as I have previously told you. But of course, these *energy lines*, as you call them, '*ley-lines*' are part of the Earth's energy pattern. This is well known within your world now, so I do not wish to term any one

particular place as *'special,'* because you see, it is part of your Earth's pattern. There is no one particular spot upon your Earth, which is so *special*. Can you understand?

George: Yes, I follow.

Although I see your meaning in saying about it being on these ley-lines, as you call them. There was meaning within the minds of the people of the times, when these stones were erected, and we have spoken of them before. (Yes.) But again, I will say your understanding will be a little fuller, when we discuss energy.

George: I see. That place was 'thought' to be special at the time—

I know many of these places are within your human minds, thought of as special, but I can tell you now, please do not think of them as special places, they are natural occurrences within your world. I hope that has helped you.

George: Thank you, yes it has.

Les: On the subject of resonance's and energies, I think I'd be right in saying that in the times when the Bible was written, approximately 2000 years ago, there were many wise people, who knew much more about fields of energy, that we do nowadays and it was that knowledge that enabled the walls of Jericho to be demolished. It wasn't just the blowing of trumpets I believe, it was a particular resonance produced by those trumpets, that produced the collapse of the walls, would I be right?

I think here we speak of stories within your Christian Bible, which in fact you should not take literally. I would disagree slightly in what you deem to be *Truth*, in this particular aspect of your history. But we will come back to that. You cannot associate *all things* as being used by peoples of knowledge, and this is one of them. Are you happy with that answer?

Les: Oh yes quite happy thanks, again it was something which puzzled me and in trying to find a logical answer, that was the only one I could presume to be the case—

Many of your ancient civilisations had greater knowledge—this also we have touched upon I believe. And their knowledge was far superior to that which you retain today; it has been lost through the civilisation and it is something that could be regained if you wish, but I'm afraid mankind has lost so much, which should be natural to him. It is not something strange, it is not something you that should pray for—it is something, all of these energies are within each and every one of you; they are there if you so desire to use them. All they need is your time and your development of them, to be able to be used. You understand?

Les: Yes we begin to understand. I think we can understand more, once we accept that though we don't understand energy, or the forces of energy, if we accept energy as being *life*, or the *essence of life*, if you wish to put it that way, we might get nearer to an understanding of energy.

I will say this to you, before I leave you to continue with other things, that your physicists today have made the analogy of the perfect form of energy, which my dear friends, is the human body. They have made the analogy with the cosmos, the universe—because you see, your body continues (to develop? tape faint/inaudible)—so also does the cosmos continue (?) the planets, all activated by energy. So, you see how simple and yet so complex is this energy?

Les: Most certainly.

But we will come to more explanations for you, as I have said.

At the end of the evening another communicator came through on the subject of physical and spiritual energies being best considered as one. One cannot exist without the other. (6/5/96)

At the end of the meeting, while we were drinking tea and the recording equipment had been switched off, a powerful control came through Leslie, who advised us to try to forget the difference between physical and spirit. We should think rather of the two apparent conditions, being only ONE—one cannot exist without the other, the other cannot exist without the one. We should try to think of ourselves as just energy and this should eventually lead to us having a better understanding of the energies which encompass us and which are a part of us, as we are a part of those energies. In answer to a question from Eileen, as to whether the Great Creator, (that was the control's expression, during his talk) was energy, the answer was 'Yes,' the Great Creator is energy. The control then admitted that even he did not have a complete understanding of the complexities. Remember that the energy of the Great Creator, also was created by energy.

Energy has memory as demonstrated by apparitions or ghosts

Les asks this interesting question to which Salumet replies that spirit world does not project these phenomena into the physical world. They are energy which is stuck within the denser matter of our Earth or energy that has become almost motionless. (19/8/96)

Les: If I might ask a further question, it's part of the one I'm waiting to put when our other two friends are back, but it does fully on your teaching about the Power of Thought. We were discussing last week apparitions, visitations, ghosts, whatever you want to call them and I wonder if it's possible for those on your side of life, to project their thoughts into our atmosphere and create those phantoms, which are not infrequently seen, by a number of people, such as phantom cars, coaches and horses and other aspects of ghostly visitations. Are they created by *Thought* from your world, or are they remnants of a power which *did* exist and is still fluid?

There would be no purpose in thoughts of that nature, coming from our world. Remember that we move on a much higher frequency than you do here on the Earth plane. I will go into this further, but I would rather devote the time, to an evening of *energy*, which I have promised you beforehand. But I will say this to you, I will try to simplify it for you:

***What is energy?* It is only **Light in Motion** and it is not a simple topic to discuss, there are many complexities, but I will say to you, these '*phantom sightings*', as you call them, are *energy* which has stuck within the denser matter of your Earth, in the same way as your *body energies* become stuck, or blocked, as you like to say, you follow? (Yes—) It is an *imprint*, it is energy which has become *almost motionless* and is triggered at some point in time, to reproduce itself to be seen by others; that is all. It is almost like the negative of a photograph, which has been captured in time.**

Les: I see and what is it that triggers it?

It may be that certain energies around your Earth, gather at certain times, it may be—remember too, that energy—and this is what we need to discuss—as in all things, **Energy has Memory**. I hear the stunned silence, but this is something that we need to discuss fully, before we can discuss these topics.

Les: It's certainly an entirely new concept to me.

Why? Why not?

Les: I agree, but I'd never thought of it in that way.

Are you not energy, are you not vibration that moves? Do you not retain memory, do you not bring memories from times past?

Les: Of course.

So if you are energy with memory, why should not all other energies have memory?

Les: Because I've been looking at it from an entirely wrong angle then—as usual. (*chuckles*) **Yes, dear friend, again I say, your earthly brains limit you so! So now I leave with that thought only and we will come to the very complex issue of energy, which I hope and I do believe it will confuse you for some time, but eventually I hope the understanding will come to you. Does this help you?**

Les: We look forward to hearing more about it.

I see your brain is working now.

Les: (*chuckle*) Yes, they're churning madly aren't they? Well, thank you again for that.

Now, as I say it is a complex subject, one which cannot have just one answer. There are so many different fields, which have to be touched upon. I could speak of molecules, electricity, atoms, it would only confuse you and after all, these things are earthly items of knowledge, they do not belong to the spirit. You understand?

Les: Yes we do.

So why would I speak about subjects you already know? I will try to bring to you knowledge, which thus far has not been spoken about too much.

Les: That would be excellent if you do, we would appreciate it.

[Intelligence is within all living things](#)

Salumet starts off by saying that all life belongs to energy but slightly different energies depending on whether expressing greater or lesser life forms. Or, one energy in different degrees of vibration. All life is intelligence but then you have different degrees of intelligence which can be affected by the power of thought. So, illness can be triggered by negative thought affecting the intelligence of a cell. This difficult concept is explained by Salumet in more detail. (30/9/96)

Les: Thank you. Yes, I would like if I may, to continue our talks about the soul. You have told us of course that animals have souls and this we accept, and I've been very interested in reading of the relationship between plants, some of which develop certain characteristics, which would appear to be solely for the animals feeding upon those plants—it would seem that there is an interrelationship. Since all are part of the universe, then obviously the

energy of the universe is within those plants as within us and the animals. Would it be fair to ascribe the principals of the soul to plants? I know it might sound ridiculous, but I think you will see what I mean. If they are part of the whole in co-existing apparently in that intelligent relationship, then it would seem that they must have some awareness within them, which could be regarded as a soul.

I understand your question, let me try to explain it to you a little. All energy all life is of course the same, but when you speak of animals, plants, what you would term, 'lesser existences,' then we are speaking of slightly different energy. Of course, all energies intermingle, this I have explained to you; after all, we come from the same Creative Force. That Creative Force allows much to come from it. Human beings have their own form of energy, as do the plant and animal kingdoms. I understand what you say—one without the other cannot exist, there has to be co-existence, with all forms of energy, whether it be in the material world, or in our world of spirit. It becomes so much more intense when you speak of life in our world, because they are not, how should I say, 'clothed' within the earthly matter, which dulls all energies, as you are aware. I would go further and say to you that the energy of the ground that the plant is within, provides that energy which succours the plant, which in turn feeds the animals; the animals in turn provide energy for human beings as you term them. But I say to you, we are speaking of the one energy in different degrees of vibration. You understand?

Les: Yes, I understand that, but what I don't understand is how a plant can have the apparent intelligence to adapt itself to the needs of the animal.

Because all life is intelligence. The Creative Force, if you speak of the sparks which come from the Creative Force, then you have different degrees of intelligence. That is how plant life—not intelligence as you would understand, but a giving off of radiating vibration, LIFE, an intelligence which is understood by all who exist in all forms.

Les: And would that intelligence of the plant be initiated by those who you have told us are in charge of such things, or is it a natural occurrence?

It—I understand your questions, I understand that your understanding is limited, and I know you understand that there are with our world, peoples who tend plants. You understand that the power of thought creates that very thinking; I know you understand this. But what you do not fully understand, is that intelligence is *life itself*—it reaches the stage where intelligence is understanding. Do you follow me?

Les: Yes, but beyond our comprehension.

Yes, we have to go further than what you know at this present time. *Intelligence* takes its own place within the *WHOLE*—again we must speak of the whole; you cannot individualise, this is the problem.

Les: No, the other thing which prompted my question is that I know there are certain types of trees which sometimes are invaded by parasites which cause them damage and trees in the same group who have not yet been invaded, will begin to produce of themselves, a toxin which makes their leaves unpalatable to the parasite; so they are exempt from damage.

All I can only say to you dear friend that the very *intelligence of nature*, and you are speaking of trees within your world, it becomes a whole different concept when you speak of *spirit life*. But yes, the intelligence is within all living things, down to the very minutest form of life, which you on your Earth still are not aware of.

Les: No, I was about to say that I think we should just have to accept that we shall never understand it whilst we are here.

It is too complex for you, it is too complex to explain to you, because without some iota of knowledge, you would find what I tell you too difficult to accept. But believe me when I tell you, all life forms share that same energy, that same Creative Force within them. And remember what I tell you, that all goes back together at some stage far beyond your years of understanding and knowledge. I cannot explain fully to you, I hope it has helped a little, but I know we speak again on difficult matters.

Les: Yes, they are difficult, but you have helped a lot as far as I'm concerned, and I hope everyone else here has benefited from the understanding of the relationship of one to the other. **(Yes.)** Thank you very much.

You could perhaps compare it to illness within your human bodies. What is the intelligence of the make-up of the body, which makes things go wrong? It is the power of the thought and the intelligence of that energy; it is the combination. But the cell energy, of whatever you speak of within the body, is what triggers off the illness.

Les: That certainly gives us a lot more to think about.

You understand? The power of the thought is the trigger, but the intelligence of the cells within the body, are what activate the illness.

Les: It's the cells themselves that have the intelligence.

They have the intelligence, either to remain healthy, or to grow unhealthy. You understand?

Les: Yes, and that would apply to the plants also then?

Also, we speak of the same energies.

Les: Thank you, that certainly does clarify it.

Although plant life/animal life, are, I would say on a lower scale to that of human kind. But after all, it is the same energy.

Les: Thank you, and I'll be quite brief now, does that mean that plants being of a lower scale of energy, would not suffer pain, as some people think, when they are cut in any way?

I have to tell you, all energy *feels*.

Les: Does it?

Yes, that is a misconception of human kind. I am aware of what is said, but I would have to tell you, if there is intelligence, there has to be some form of *feeling*, but not as you understand it of course. But the plant would be *aware*, perhaps, that is a better word.

Les: Yes, it would be, thank you, but it would have an awareness.

There would be an awareness.

Les: Thank you very, very much.

[A visitor explains the difficulty of describing spiritual matters to us who currently lack the necessary spiritual development](#)

The evening starts with light energy radiated during meditation and how we cannot appreciate what is happening purely in physical terms. (28/10/96)

George: The light that you radiate during meditation, is this the same as the aura?

Les: It's a much more brilliant light, the aura is—*Les then begins to breathe very deeply and he begins to channel:*

Good evening to you my friends.

(Welcomes)

I am very pleased to have the opportunity of speaking with you again, though it was not expected. I am, I believe this expression is understood by you, I am a 'stop gap.' I hope you will accept me.

(Strong agreement)

Now sir, your question as to light. May I suggest that you are examining, or trying to examine phenomena, in the light of a physical understanding, instead of a spiritual understanding. You must not try to compare your own individual aura, to a spiritual light, which is, shall I say, 'distributed,' on occasions such as this and also by you as individuals when you are in, what you would call, 'the right frame of mind.' You are exercising the right thought processes, to enable us to draw nearer to you, upon the physical plane. You have been told many times, about the energies which exist, and many types of energies, which are utilised within our realms of existence, of which you have no knowledge. (Yes) It is difficult for you to understand what energy is. It is difficult for us to try to give you descriptions, which your physical awareness's can absorb and understand, but I will try. When we speak of energy, do not your thoughts immediately clothe energy in a physical garb, so that you are able to understand it more clearly, with your physical senses. You presume that it has Light, of different colours perhaps; you do not realise that true pure energy, requires no attributes, such as you are inclined to give to it. It exists of itself, by itself, within itself, because of itself. Can you understand that?

George: Yes, I think we're all beginning to accept this and feel it.

When you say 'feel it,' my friend, could you please, for the sake of your colleagues and for our understanding of your description, could you please be a little more precise?

George: Some of us have had training as scientists and we think of energy as *wave motion* and we have diagrams to help us visualise what we think we mean. But we are beginning to understand or just become aware of many forms of energy that are not in our scientific text books and are of a much less, I was going to say, 'less material form,' but a 'non-material form.'

May we say please, a 'greater spiritual form'?

George: Greater spiritual form, yes.

Thank you. Once again, though you are beginning to have an appreciation of energy, you still seek to clothe it in physical garments, you might say.

George: Yes, I follow that.

You say, 'wave form.' Wave form is only a physical description, of something you have discovered, as part of energy, part of energy. And what of the energy which itself creates those wave patterns of which you speak?

Does it have form, does it have shape? You do not know.

George: Yes, we do not know.

Well sir, I would suggest if I may, with all due respect for your knowledge, which I know to be of considerable importance in your physical world, I would suggest if I may, that you do attempt to depart from always trying to give physical explanation for something that is so purely and definitely spiritual, in its characteristics.

George: Yes, I do follow and thank you for putting it clearly like that.

*May I please suggest also, to all who are listening, that you will better come to an understanding, of complexities that one day you will have to face when you visit us, if from now on, you understand that you will never understand, whilst you are upon this Earth. (Affirmed) If you can achieve that degree of acceptance, then you will begin to have a much better conception, of what you would term, ‘**miracles**’ that surround you, every moment of your living on this plane, **miracles** of which you have little knowledge, **miracles** which I cannot explain, because they are beyond physical comprehension. They are only **miracles**, because to you they are uncommon. To us, who have greater knowledge of these things, they are not **miracles**, they are **normal** conditions of living. Can you understand this? (Affirmed) Have I perhaps made a little clearer, the light or energy, of which we were speaking earlier, of which you were speaking, I should say and about which I came, to interfere! (Laughter)*

George: Yes, we’re very grateful and I’m sure it has helped enormously.

Is there any other question you would like to ask me, whilst I am with you? If I can be of assistance in any way, please ask—you ladies, may I say, are unusually quiet. (Laughter)

Jack: Going back on what you were just saying, basically, you’re saying that we’re not going to understand this, purely because we are in the physical world and you are talking about a different dimension basically. So, we can’t understand what we can’t see, yes?

Basically, that is so my friend. You cannot understand, because with respect, neither you nor anybody here, has the spiritual development yet, to enable them to begin to understand, what are purely spiritual concepts of life. It is no reflection upon your physical living, merely a fact that just as a child within the womb, cannot understand the mechanics of walking, because it has no conception of such a feat, so you in your physical envelopes, have no conception of the power which exists, beyond those physical elements. Does this satisfy you?

Jack: Yes, thank you.

I’m sorry that we cannot be more specific in our answers to your questions. We try within our abilities, to understand your physical ‘examination,’ let me say, of the things beyond your physical environment, beyond your mental capabilities to appreciate fully. But we cannot always unfortunately, enter into the realm of description, because there is not the awareness apparent, within the physical being. Do you understand? (Affirmed) We sometimes feel ourselves frustrated, because we are not able to give you clearer descriptions, greater comprehension, of what is to come to you, in due course. I can only repeat: If you accept that you will never understand so long as you are in the human frame, at least that assists us, because you do not constantly churn your minds into a maelstrom of wondering, to prevent our ‘getting into you,’ if I might use that expression, to give you spiritual awareness, rather than physical conceptions. Is this understandable to you? (Affirmed) Good, thank you. Now do you have more questions?

George: Well I’m sure it would be nice to probe more, or have more awareness of the—I imagine there are numerous energies of which we are quite ignorant and there would be energies which underpin the physical creation itself. In the Australian Aboriginal culture, they talk of ‘*Dreamtime*,’ the *Dreamtime* that underpinned the physical creation. Is this another type of energy, of which we are ignorant?

May I ask you my friend, why it is so important that you wish to have an understanding of these energies? What would you do with that understanding?

George: It is not important that we have an understanding, but I can just say it’s very nice to know that the *Creation* is underpinned in that sort of way.

Can you tell me please, what good it would do you to know such a thing?

George: No, I guess it's just a love of understanding, or partial understanding.

And what would you do with that understanding, if you were given it?

George: Just enjoy it, I guess.

Physically again—you would enjoy the ability of your brain, to absorb what it has been told. Would it have advanced your spiritual progress?

George: No, I suppose not.

Then why bother? I trust I have not offended you sir?

George: No, not at all.

We find it very strange, that so often your physical minds are devoted to what, to all intents and purposes, is useless information.

George: Yes, perhaps I'm just naturally inquisitive and perhaps this is a defect in my character—

I believe you have an expression, 'you said it, I did not.' (Chuckles) I'm aware of your modern idiom, you see. Frequently we watch you, we watch your minds, turning over these things, ploughing through a morass of events of bits and pieces of inconsequential matters that have no relationship to actual living at all. Much better would it be, if the time you spent upon such inconsequential philandering mentally, were devoted to an inward examination of your own spiritual progress. And to achieve spiritual progress my friends, it is quite unnecessary to consider every aspect of physical living. Think rather of an investigation into the spiritual self and whether your spiritual self, is still walking the path which it should be treading. There is nothing wrong in questing for information of a physical nature, but please do keep it in perspective. And the time you spend on searching for things, which merely satisfy a desire for knowledge and would not appear to have any practical advantage in developing your own spiritual selves—why do so? You have free wills, we cannot make you use them in the way which we can see would be most beneficial to your progress, not only upon this Earth, but in the lives to come. But we are sometimes a little disappointed, that you do not spend more time, in that way. Please consider this.

George: Yes, I'm sure we will—thank you.

Is there more I can tell you? Or more I can say to discourage you? (Chuckles)

Sallie: I find what you say very encouraging.

Thank you madam. I feel my visit has not been wasted then.

(Strong agreement)

Sarah: Being *human beings*, we need putting on the right tracks, because as we're human beings, that's why we do all these things, because we are humans, and unless someone helps us onto the right tracks, we're not going to progress.

Madam, you are still walking into the same trap in considering yourself as a human being, instead of as a *spiritual person*. To say that you are a human being and therefore you do this, that and the other, is no excuse for departing from a spiritual conception of the guidance, which should be given to that human body. Is this clear?

Sarah: Um—Sort of. I think on my path, I'm only *just* beginning to realise, that I am a *spiritual person* and not just a human, and it's difficult to—

It is good, it is good that you should recognise, that you are a spiritual person. And of course always, you should keep that in the front of your mind, that you are spiritual and not physical. The physical is merely a necessary envelope, for the spiritual, while it has to sojourn upon this planet. Try always to look beyond the physical requirements. I know they have to be accepted, they have to be acknowledged and they have to govern your

living here—that I understand. But underneath it all, remember that you are a spiritual person and that must, whenever possible, take precedence over the physical requirements. It is not easy, it is difficult, very difficult—we do understand this; this is why we attempt, at these times, to give encouragements, small, as it may seem, to ensure that you do always recognise your spiritual being, rather than the physical.

Sarah: Thank you.

Lilian: I suppose the very fact that we are sitting here, is encouraging, because we are curious about the spirit.

The very fact that you are here madam, is in itself, an advertisement for your spiritual development; otherwise you would not be sitting here, listening to me rambling on like this. Were you more concerned with your physical being, you would probably, if you do such a thing, be sitting with your feet up in front of the fire, which would be much more comfortable, than going out in such weather as you have now. I am told it was very bad for you this night.

Margaret: It's very windy.

So the fact that you are here, is an indication that your spiritual self, is superseding your physical self, you follow? (Affirmed) This of course does apply to you all. The very fact that you are here, is your spiritual self convincing your physical, though you are not aware of that, that it is the correct thing to do, for your spiritual progress. (Thanks expressed)

Sallie: It also helps you physically though doesn't it? Well as you develop spiritually, physically there is almost like a reward in comfort within your physical being.

You are quite right and I am pleased if you are already experiencing this, because we have on many occasions said, not only here, but elsewhere also, that the awareness of the spiritual development, must of necessity, be shown in the physical improvement of the body and the physical mind's activity also. It cannot be anything else, since the physical is dependent upon the spiritual, whilst you are here—of necessity, it must benefit, from the advantages of the spiritual development. And you will find, as you progress in your learning madam, that you will begin quite subconsciously, to radiate the feeling of serenity, calm and almost a self- satisfaction, other than a physical one. This will be radiated to other people in your vicinity, without them being aware of what it is, making them liking to be in your company, without you being aware of what you are radiating; but believe me, it will happen.

All: Thank you.

Sarah: Does that mean that people who are very depressed, they are lacking a lot spiritually, they are totally unaware of their spiritual—

Yes, usually it is so. There are exceptions, but people who constantly suffer from depression unfortunately, have not been very aware of their spiritual abilities, in order to overcome the depressions of their physical mind. It is a great pity that it is so, but it is.

Sarah: Thank you.

Now I believe, I am being told that the energy is depleting and I must ask you if there are any further questions, before I have to leave you?

George: I think we have all benefited very much from what you have told us and I'm sure we'll all think about this and we all thank you very much.

Thank you for your very kind expressions my friends, I have enjoyed being with you and I hope I shall get the pleasure of speaking to you at some future date.

George: That will be our pleasure.

We must protect our energy and not allow it to become depleted

This point was raised by Salumet in his introduction on how we can become depleted by shouldering the burdens of others. When we are ourselves depleted, we seek the energy that is missing, and so take it from others. To protect ourselves, we need to be able to recognise the energy patterns in others. Salumet goes onto give an example of how this can happen. He also explains what happens when adults prey on innocent children. The evening starts with a message to Dawn. (9/12/96)

This time I feel that with some of you, your energies are depleted. I wish to say some words please to lady here, and say to her, dear child, you cannot shoulder burdens of other people.

Les: This is you Dawn I think?

You cannot change their pathway in life, only they have the power to do that for themselves. In burdening yourself, you are allowing that vital energy which belongs to you, to become depleted and you must not allow this to happen.

Les: Is that clear Dawn?

Dawn: Yes, thank you.

We understand that when there are love ties with those peoples whilst you tread this Earth, those ties become emotionally bound and it is difficult we know, for you all to separate these energies which surround you. I would hope that by now, each and every one of you has the knowledge and the power to protect themselves from energies of other peoples. I have spoken to you briefly about this matter before and if only you were aware of each other's energy patterns, you would see that each one of you is connected to each other and at times of difficulties and stress in your lives, it is all too easy to feed from another's vital energy. Do you understand this my friends? (*general agreement*) I think you say 'Yes,' when truly you do not fully understand, because you see, you can seek out energy, without fully realising what you are doing—this you must also remember. You will always seek out the energy which you lack most within yourself. Do you remember our discussion about this? (*hesitations—we didn't remember*) Did we not talk about positive and negative energies, did we not speak that each one of you seeks to balance that energy that is the whole you?

Les: Yes we did some time ago actually. (**Yes.**) And I'm sorry if I might add to that a moment Salumet, I tried to explain at the time about two car batteries, one fully charged and one half-charged. If you connect them, the half-charged will drain from the fully-charged and this is what happens to us, if we don't govern our own energy output and intake, is that clear? (*general agreement*)

That is a good way to explain. Now, it is of concern that all of you become aware of your own energy patterns, because if you do, then you will see that all of *life's pattern*, can be connected to what is happening within your *own energy*. Can you see the connection?

Les: Yes, I can, would anybody like to ask a question on that, I'm sure Salumet would take a question?

Sarah: I don't understand how you can recognise your own *energy pattern*?

Les: By thinking of yourself spiritually, and not physically, and recognising the awareness you have in the company of other people.

It is possible, but I know many here do not have the capability, but you should be able to look at any person, any form of life and see the *energy pattern* which comes forth from them. It is a matter of, shall we say, '*study?*' I cannot think of a better word to use, for you to achieve this. All of you have the capabilities and I'm sure many of you know of someone who can see such energies.

Sallie: In seeing the energy, can you see it through your feelings?

Of course, that is how you would begin to perceive it. Can I perhaps give you an example to begin with:

You are with your partner here, when there are strong words between you, which is only part of the *human nature* that sometimes this happens. Then what is taking place, shall we say is a '*power struggle*'. You are aware of the words, but I do not say them in your earthly sense. You have a *power struggle* for the energies that create and shine forth from you both. If you were to be aware of each other's energies, you would see that the *stronger* of the two peoples, the stronger one would '*suck forth*,' shall we say, from the weaker one—this you must be careful of. All of you should know how to protect your own vital energy.

Dawn: How would you protect it?

By fully understanding what you are and what you consist of. You understand? (*pause*) No?

Dawn: So if someone takes your energy—

It is because you have *allowed* them to do so.

Dawn: I see.

Les: We could have a discussion on that after (*general agreement*)

I think I said to you before, that is why you have people who prey upon your innocent children on this earthly plane. It is not a *physical thing*, it is spiritually they are seeking *pure energy*. Can you understand? So, what you seek from each other—I know you think always of physical problems, but try to see it as *energy* that is being sought after. You could solve many of your life's problems, if you could begin to understand yourself. I know this is a mammoth task for many of you, but it is one that is worth undertaking. I do not say to you it is easy, anything that is worth attaining, must come through work, through attainment and through *Love*. So, I hope it helps you a little to know that firstly, come to know yourselves well. I have to repeat these words again, because it is important.

Les: We certainly will talk about it between ourselves.

If you have more questions on this subject, I will return to it and try to help you understand.

Les: Upon another occasion?

If you so desire.

Les: Yes, I think it would do us all good to have a discussion, (*Yes.*) and perhaps you would be kind enough to explain more fully, when we are clearer in our own minds.

Yes, I think it would be good for you all to begin to open the door of understanding and then we can go further and explore it.

Les: Good. Yes, we shall look forward to that.

So, I will leave it with you and we will return to it in greater detail, but it would be good to clarify in your own thinking, what this subject is about.

Les: I'm sure it'll do us all good to talk about it. Thank you for what you have said.

When your awareness becomes more acute, you will see energy patterns change in all things

Les describes a most peculiar experience which Salumet goes onto explain is his growing awareness of energy patterns around him. (9/12/96)

Les: I had a most peculiar experience—I use the word *peculiar*, I don't know quite in what sense it was peculiar, but not unpleasantly. I was thinking about *energy patterns* one day, in my quiet time, and I was standing outside as it were, looking at myself and I could see a *cone of light*, above my body, with white light coming into it and there seemed to be a translucent—I can only say, sort of *hose pipe*, running *spiral-like*, round my body, between my body and the aura, which I could see quite plainly also. This spiral didn't return to the source of power, as I would have imagined it to, it seemed to be going straight into the ground. I can't think how I could have imagined anything like that, because the *cone of light* above me, is also indicated by one of our members at another meeting we have, when sometimes the arms are lifted in the form of a cone, with the palms together, just as though they were forming the same shape as I could see. Now, was I *imagining*, or was it an *energy pattern*?

Yes, let me reply to you dear friend. All of you within this room, I suggested should become more aware of their *energy pattern*. Let me tell you, your energies have increased, as time together goes forward. More of you will become aware in different ways. You will not all be aware of the same thing, because you are all developing at different rates. Now let me return to you dear friend. I say to you this: When peoples on your Earth speak about *energy*, they seem always to refer to energy, as above and around the body. Remember that from *top-to-toe*, you are indeed a *whole energy pattern*, you are connected to the *Source of Energy*, from both top and bottom. There is as much energy in the feet, as there is in the top of the head, but because people see the 'auras,' as you call them, around the head area mostly, they assume and assume *wrongly*, that that is the only energy field that exists. I have to tell you dear friend, that from the *very core* of your Earth, also lies that energy, which you all belong to; it is *all around you*, it is not in one specific area. So, if you were aware of energy being *grounded*, perhaps you would term it that way, that is nothing unusual. Do you follow me?

Les: I see yes, that explains that part of it certainly, thank you. So, I wasn't imagining what I saw?

No—energy as you sit now, if you can all sit quietly, you should be aware of the energy rising through the bottom of your feet. Can I suggest that we spend a minute or two of your time, in visualising this energy through the feet, to give you some understanding that energy is everywhere. It is not only in your atmosphere, it is everywhere, you are connected in all areas of your body, to that living energy. Remember always, that *energy is living*. You understand?

Les: Yes, so what I saw could be symbolism, for energy which is flowing around us all the time?

Of course, of course. When your awareness becomes more acute, you will see energy patterns change in all things, whether it be above, or below, in front or behind you. There are many shapes and sizes to energy, it is not static, it is a *living, moving energy*. Can you understand?

Les: Yes, and am I right in thinking, that energy which surrounds us, can be moulded by our thoughts?

Of course! You dear friend are energy, that is all you are. *You are energy!*

Les: So, our energy can have its effect on the energy surrounding?

Of course.

Les: And other people would become aware of those changes?

By your words, by your thoughts, by your actions, of course your thinking—again we return to the *Power of the Thought*, can change the *energy pattern*, which surrounds you.

Les: So that also would account for the feeling that two people can have, either of attraction to each other—I don't mean a *physical attraction*, but an attraction which they feel, or a revulsion from each other. That would be their effect on the energy surrounding them, **(Yes.)** which is being interpreted, by each of the people?

Yes, it is interpreted only because you have a physical brain, but it is all the same energy, but used differently, moulded differently, by the thoughts of each of you humans.

Les: Yes, so as I have said in the past, the auras of two people can attract or repel? **(Yes.)** So that is the energy, exercising those options?

If we were for instance, to have someone within this room, who was full of *negativity and hatred* shall we say, you would be repelled, each one of you, because whilst you sit within this room, whilst we talk, your energy levels and awareness is raised. And to become confronted by this type of negativity, would be too much of a shock, that each energy would rebound from each other. You understand? **(Yes.) We have to talk more deeply about energy, I keep saying this to you, but it is a subject, which is immense, for your understanding. But I will try to clear some points, as we go along.**

Les: Yes, thank you very much.

But dear friend, you were not imagining. What you achieved, was indeed a greater awareness of the *energy*, which is both yourself, *within and without*.

Les: That's nice to know, thank you. It was such a wonderful experience, I hope my colleagues here, will be able to have it also?

I would perhaps say to you, that the cone above you, was perhaps pulling you from the earthly vibration, but reaching down through the ground, was the steadying influence, which has to keep you here. And standing back and watching such energy work, has given you the awareness a little of what happens within.

Les: Yes, it was very vivid, I shall never forget it.

[Energy is life — I cannot explain it more fully to you](#)

Les questions Salumet on trying to visualise energy, but it is very difficult, even with great wisdom, to begin to understand energy. It would take many, many lifetimes just studying energy alone to even get a basic understanding of energy. An interesting point made by a

communicator, after Salumet left, is that our questions are already known before we ask them. (20/1/97)

Les: I've been thinking a lot about your teaching of *energy*. You've told us and we accept that *energy* has a memory. Has *energy* in its purest state, have any form at all? This is what I'm sure we all find difficult to visualise. How can we think of *energy*, if it has no form, no body, no mass?

You would find it difficult to form a picture of *energy* — that is the very *Source of life*. You cannot make pictures of what is *invisible* I would say, to your eyes. We go into deep matters once more. Of course, there are forms of energy, which you *can feel*, which you *can touch*; you only have to look in your own world, to discover differing forms of energy. Take your *plant life*, take your *animal kingdoms* and there, you find *energy*. Are you beginning to follow what I try to say?

Les: Quite, but those are visible forms of energy, (*Yes.*) I would agree. They are to us, *physical forms*, but I am puzzled as to how I could visualise the internal forces, within those physical —

Yes, I understand your question dear friend, but we have to explain the simplistic facts first, before we come to the deeper matters. I have told you that all *being*, all *life* is *energy*. Everything around and about is energy in a different form, in a different vibration, you know and understand. (*Yes.*) But what you are asking me is, *to visualise a spiritual energy with physical eyes* — that you will never achieve; you cannot, you cannot —

Les: I understand that.

You are asking, '*Can you spiritually visualise pure energy?*' Dear friend, you would not *visualise*, but you would become *part* of that energy, you would *be*, you would *become* — only then will you fully understand what energy is. Do you begin to comprehend what I try to say?

Les: Yes I do, of course our scientists as of course you know, give us various descriptions of atoms and molecules and protons and neutrons and so on and so on, (*Yes.*) but each of those exists not only as part of the whole, as of the diamond you have explained, (*Yes.*) but they must have some *fact* within the matter within themselves, in order to exist.

Energy — *matter* is energy vibrating at a slower rate, you understand? (*Yes.*) Your scientists are correct, when they describe to you atoms, neutrons and all the scientific facts, which are placed before you. What they do not understand is that these things belong to a much '*higher*' shall we say, *energy*, which cannot be analysed, cannot be *seen*. When you come to that stage of understanding, you do not *look for*, but you *become*; you *BECOME PART OF THE ENERGY FLOW*. You will not be separate, you will be as *one*. When you reach that state of understanding dear friend, you will not be treading this earthly plane. I cannot explain it to you any simpler, because words are difficult to find, when we speak about this subject.

Les: Yes, I can fully appreciate that and thank you for trying to explain it. If I might follow that with one other question: All the different energies that exist in our world, whether spiritual or physical, must I imagine be governed by one Supreme Energy Force, which exists?

You have to my dear friend move away from energy as being divided. You cannot divide *Divine Energy*, because you see, we are creations from it — all things, all worlds, all planets, all of the cosmos comes from the *Divine Energy*.

Les: So, it cannot exist on its' own, except as part of the *Divine Energy*?

You are — shall we return to the diamond? All of these things are subdivided within the facet. You know how many facets of a beautiful diamond there are? (Yes.) Within each facet then you would have divisions of energy. Put all of these together and then you may begin to understand just a little of the divinity of energy. *Energy is life* — I cannot explain it more fully to you; it is a topic which needs much wisdom to understand completely. I have to say my own knowledge also has limitations to what that full *Divine Energy* consists of, because although there is a blending, I have to say from my own knowledge that the refinement continues.

Les: Yes, I got stuck when I was thinking of your description of a diamond and the facets, because having accepted that and got it in my mind as you have just explained, then I began thinking about the light which is reflected from each facet, (Yes.) which is a continuity of energy, (Yes.) but is not solid in any way.

Energy, pure *Divine Energy*, has no *heaviness* shall we say. The *Light* energy can be seen, can be examined; it is an energy belonging to many worlds, which can be analysed and partly understood, but we are speaking of very basic forms of energy my friend. I know the subject is complicated, but it is a vast subject and one which would take shall I say many, many of your lifetimes, to even to *begin* to understand the basic form.

Les: Yes, I can quite well believe that now. So, we must look forward to many lives in your realms, in order that we *can* study it further.

If you so desire, you will be given opportunity whilst you are clothed within this being here; if the desire is good, then the knowledge of energy and a little more of what you need to know, will be given to you.

Les: Thank you very much.

But I would be most surprised if you were to find too much knowledge about it, whilst you exist on this planet.

Les: I don't doubt it for a minute, I'm beginning to realise the lack of brain we have here, however clever we feel we are.

I am loathed to say to you dear friend, it is a failing of you human kind. It is not that you lack understanding, it is just that you — I do not like the word, '*primitives*,' I'm sorry but you are! You understand?

Les: (chuckles) Yes, I do!

'*Primitive*,' I mean in the sense that your knowledge of '*what is*,' is limited.

Les: Yes, somebody else told us that they considered people on this Earth to be *bottom of the pile of development* and I'm afraid we have to agree with them.

I know there are peoples in your world, who think that they are *special beings*. It is only when they return to our world, that they are placed within the grand order of life. You understand?

Les: Yes, I do.

So now, are you happy with the little I have told you?

Les: Very happy thank you.

There then followed one through Sue:

Much power has been used this time. I have come here firstly to listen to what the great one has to tell you, because as you are probably aware, the question you asked was

known to us before you asked it and I was privileged to sit here and listen to what was said.

Les: Yes, as our friend Salumet has said, it is such an immensely complex subject, that we can never really have an answer that would satisfy our physical brains. We can only just begin to think of the immensity of creation.

When such subject is approached, it takes immense energy from this room to reply, can you understand when I say that to you?

Les: Yes, I can understand. I hope I didn't deplete energy, which you would have used in other ways.

My friend, as I said to you, your question was known to us before you asked it. Therefore, tonight's meeting was for the purpose of replying to that question.

Les: Thank you, we shall have to remember that you know what we think, before we know it ourselves!

Yes, but not, I repeat NOT all things and you are aware of course, that your thoughts remain private?

Les: Of course, you have more to do than listen to our stupid thoughts anyway — no I do understand that you know of our thoughts only when they are directly concerned with what we are being taught and what we wish to learn. How you filter them out, we don't know, but that's not important, we know that our lives do remain private.

When a thought or a cry for help is directed towards the world we inhabit, then of course it is given priority with us. Random thoughts are not necessarily of interest to us.

Les: No, I can quite imagine that, because you have many more interesting things to occupy yourself with in any case.

We on the other hand, do take great joy in listening sometimes, to your conversation and smile at some of the things and some of the ideas that come across.

Les: (chuckling) Yes, I'm sure it must give you some amusement.

We do not laugh at you, any conversation, any thoughts that stimulate and stretch the mind are beneficial and can only enhance the spirit and help it grow.

Les: It's interesting that you should say that, because you will have heard me mention to Salumet, that I have been transcribing a tape from two years ago and in that he suggested that we should all exercise our minds much more. (*Indeed.*) You just used the same phrase.

Do not let your minds become stagnant, question, question always question; great, great benefit will be had, when you stimulate and stretch the mind.

Les: Absolutely, it's most important.

And now I leave this meeting now, I ask you to bring it to a close.

[Individualised thought pattern is what creates that situation at that time](#)

Les asks a question about how we perceive things that are around us, such as the temperature of the sea. The things themselves are fixed and unchangeable. It is our individualised thought pattern that creates the differences in opinion. (10/2/97)

Les: I'd like to continue on our previous discussion if I may Salumet, about *Thought*. I think we are gradually beginning to realise the power of thought, but there are still things which confuse us and this came to my mind at our last Wednesday meeting, when two ladies from your world, who'd been very interested in horses, when on Earth, were pleased to tell us that they still have their horses and to their delight, are able to ride them in the sea, because the sea is quite warm. Now that led me to thinking that if that rider thought the sea was warm and somebody else thought it was cold, how would those thoughts conflict, or is one thought pattern stronger than another? Would it over-play another, so that one who thought it was cold, found it wasn't cold, you understand what I mean?

I understand dear friend. Let me say, there *cannot be interference* in another's *thought pattern*. Firstly, I must make that plain to you.

Les: This is what puzzled me. I didn't think there could be.

Let us for example, take each one within this room. If each one of you was to send a thought out to me, would there be one stronger than another? What do you think?

Les: Well I would have thought that each would arrive independently.

No, we have to discuss this a little more, for your understanding. All thought belongs to the same *energy pattern*; I do believe you accept this now. But in the same manner that you have, say, *rays from the sun*, does each individual ray, interfere with each other? No, it does not, it reaches where it expands to; it reaches the target, without interference from each other. It is all the same energy, it is the same energy pattern, but the lines do not cross, if you like. So, let us return to your question. If you have two people with two different *thought patterns*, to *them* that thought is *ACTUALITY*, at that particular time, you understand? (Yes —) So one can think the sea is warm, the other can think the sea is cold. It is the power of the thought, it does not affect the sea as such, you understand?

Les: Yes, so it is the *thought* which is giving the feeling of warmth or cold?

It is each *individualised thought pattern*, which creates that situation at that time.

Les: So, it doesn't alter the surroundings at all, in which they are?

It would not affect the energy pattern of the sea, you understand?

Les: Yes, I had come to that conclusion that that must be so, but I wanted confirmation, because I was only presuming that.

That has to be. You have to remember that each individual thought, is a personalised energy. You may all within this room, be thinking about shall we say, *an object*, but your thought-patterns will all be different, to some degree, but that does not change the structure of the object. Do you follow?

Les: Yes, to simplify that a little, if we all go on holiday to the same place, our reactions to that place as individuals, are quite different and we come back and give different descriptions and retain different feelings. But that hasn't altered the holiday place to which we went, it is still the same, (*Yes.*) so the same would apply to the thought-patterns in your world.

That is a simplistic way of explaining it to you. Of course, we can go much deeper in detail, but at this particular time in our *evolution* shall I say, that explanation should suffice.

Les: Yes, that will have to suffice for us at the moment, because it's all that we can sensibly understand. (*Yes.*) But in thinking about this and I don't expect you to comment on this at this stage, I was then thinking that there must be beings in your world, who have the power to alter the surroundings, if that was necessary, by their own extremely powerful thought patterns.

I would say to you — and I *do* wish to comment at this stage, that no individual being within our world, can alter what is always there. We cannot alter the eternal energy pattern which exists. What we can do is create thoughts, we can influence the thoughts of others, but we cannot **CHANGE**, we cannot *change* what has always been, you understand? (Yes.) Of course there are others in my world who have ‘*Thought power*,’ if you like to use that word, who have the power to *influence* the thought patterns of others, if it be necessary for the *good* of that individual, but we cannot change the eternal energy, which after all, we belong to and from which we come.

Les: But you can use products of that energy I imagine and I refer now to something I heard a long time ago, that certain people have responsibility, for building your halls of learning, halls of healing and so on and they create the translucent blocks, from which apparently these buildings are made, and erect them by thought.

Yes, but you see dear friend, those who are within that creative work, are not changing the energy, they are using what is available to them, but they are not changing the structure of that energy.

Les: No, they are using the energy to create another form.

They are using the energy for thought patterns, shall I say. We are speaking about difficult topics here, but I say to you keep in mind, that the ‘*living energy*,’ which is what you term *God*, or the *Creative Force*, cannot be altered — it has always been and it will always be. But I understand your questions, it can be utilised, but not changed.

Les: Yes, that’s a better description of course, just as we can utilise it here, in the physical sense.

It is perhaps apt at this moment in time, to compare it with say your radio waves, where they have been adapted for human use, in order that you may *hear*, you understand? (Yes.) But you have not altered that *energy pattern*, you have used it to create *sound*. Does that make it a little simpler for you?

Les: Yes, in one way, because that would bring us to another question, because that particular wave, which is producing the sound we hear, does it in itself contain that sound, or is it silent until we convert it by our machinery, or radio set? I’m not expecting you to answer it now, it’s too complex altogether.

Yes, it is complex, but I always try to simplify for you. ALL energy, the *living energy* of which I speak, is not only filled with colour and sound, but many, many energies of which you are not aware, on this earthly plane. Each section of energy which is utilised can be used in many ways. The energy that is used on radio waves is a light energy, you understand? (Yes.) It is complex it’s structure, but the sound which comes from the light wave, is inherent within that energy.

Les: So, it exists, even though we are not aware of it?

It always exists, but it needs to be utilised to produce the sound, you understand? (Yes.) Remember I am simplifying all of these questions.

Les: I’m glad you do, because that’s the only way we can understand it.

It is a complex subject, when we are speaking of the very *CORE* of existence, you understand? (Yes.) But I hope that has been helpful to you.

Les: It has to me and everybody else, I hope? (*General agreement*)

[Is the heart the most important vehicle in the body?](#)

This interesting question receives an interesting answer. It is the 'vital energy' that flows that is behind everything. Salumet explains. (24/2/97)

Les: Yes, I have one relating to *energy* and I thought of you several times, when I was reading an article, in which it was said the heart, is not the *pumping agent*, as commonly supposed. The article explained that blood is seen to be flowing through an embryo, even before the heart is properly formed, or even beginning to beat. The article went on to suggest, that the heart is merely a vehicle, for attracting *energy* from the Universe and it is that *energy*, which is responsible for the flow of blood, through the veins and arteries and capillaries of the body.

Let me respond to the subject you speak about. I have explained briefly to you that you consist of *one energy* — all nature on Earth is one energy in differing forms. Of course, we must look at humankind, because that is the subject you have broached. When a child is conceived, when the soul decides to leave our world, to join in your world as another human being, then that energy already exists. What you term the *foetus* — and again we return to the subject most rife in your world, of abortion — when you speak of that foetus, you are speaking of the very energy of life. Before the heart is formed, before the limbs are formed, there flows that vital energy. So, you see, the heart cannot be the most important vehicle within the body. The energy already exists within that foetus.

Les: So, the article is correct in that assumption then?

I would say, *mostly correct*. I will send someone to you, who will elaborate more, on the way energy is used in the human body.

Les: That would be very interesting.

There are so many topics that you need to elaborate upon. For now, I will say, of course the heart is a pump, in the sense that you would understand it, for the blood to flow around the physical being. But it is only part of the energy being brought to the body, by the energy of life. Do you understand?

Les: Yes, thank you, because the article was quite concise, in its elaboration of the reasons, for what was said, and one couldn't really argue against what was said.

Without the understanding of the life force, which after all is *pure energy*, then the human composition cannot be understood. After all, flesh and blood are used only as that outer skin, as the vehicle — I know you understand this. So, it has to be known that the life force is always there, and it is that part which will continue forward, when the physical being dies away. Is that helpful to you for this time?

Les: Thank you very much indeed, yes, it is and we look forward to someone else who might come to elaborate in the future.

Energy must be spoken about and when I feel that the time is right for you all, then someone with greater extended knowledge will come to you.

Les: Thank you very much for that, it's something else we shall look forward to.

Did I not tell you, that many concepts in your world are being disputed? (Yes —) That many ideas, much knowledge has been put forward wrongfully. But now that time has come for Truth to emerge and the time is ripe for all understanding of the human life, the human potential, to be looked into more deeply, so that man can begin to understand his very beginnings.

Les: Thank you very much indeed for that. It certainly becomes more and more interesting every meeting, I would say. It increases our knowledge and our anticipation of further knowledge.

There is so much you cannot know, but our intentions are that the planet Earth must now grow; must now come forward into that greater *light*. I use the term, because I think that is what you will understand.

Les: Yes, we do.

But it is time for this planet to take its rightful place within the Universe, within that cosmic energy field, which is ever-moving, ever-flowing, full of love, full of *divine energy*, full of *love and peace*. I must leave you this time.

Les: Yes, thank you very much.

Male and female energy

We incarnate through many lifetimes as males and females. Within a particular lifetime, it is better to focus on the energy that you are in this lifetime. Salumet explains. (7/7/97)

Sallie: Just to ask a little bit about the male and female that exists within all of us — male and female energies. I'm having a bit of a problem with my male energy and I'm a bit stuck with it at the moment and need a bit of help with it. I can't really explain it in any other way at the moment.

In what way are you confused dear friend? After all, in this lifetime, you are expressing the female energy of living. To be as a whole, as part of the whole, you have to experience many forms of the complete energy. And in many lifetimes, you come as either male or female energy. But sometimes as I have spoken of in the past, these energies are not quite pure and therefore we have situations, where energies are neither male nor female and are confused upon your earthly planet. I would say to you my dear friend, be not concerned about male or female energy; concentrate only on that energy, which you now express. After all, that is the energy which you should be *living up to*.

Sallie: That sounds very helpful, thank you.

If you need to interact with the male energy, do you not understand that is what draws man with woman — it is the attraction of the opposite energies, which need each other to survive. I am speaking on an earthly way of talking, but that is a simplistic way of saying, that the male and female energy belongs together. Whether you have expressed yourself in female energy or male energy, you will be attracted to the energy, which you need. Do you understand?

Sallie: Yes, yes I do.

Les: It might help our friend, if I were to comment on what you told us some time ago, that if we come over to you as male, we shall remain male, for aeons of time when we come over to you; similarly if we come as female.

You will remain with that energy, until such time as the realisation comes, that you do not belong to any *gender*, and that you are *pure energy*; both male and female. But of course, that does take much, much time. Always I have spoken to you in the past, of the attractions of the human beings, to be attracted to the energy, which they do not possess.

We have spoken on this before. (Yes — see 29/01/96) It is the cause of much depravity in your world, where good and bad are attracted to each other, in the same way as male and female energy. But remember always, you all belong to the one pure energy. I hope you understand, because this is something that is not easy for your human minds.

Sallie: I suppose I'm using visualisation of having two energies within me, my male side and my feminine side —

Yes and you are confusing yourself my child.

Sallie: Probably, yes.

Yes, concentrate on the female energy which you *are* in this lifetime.

Sallie: That feels very comfortable, thank you.

When in nature, we blend with the energies that are around us

Les asks specifically about tree hugging. We do not absorb energy, we blend with it. The communicator is asked about the orbits of the planets and we are reminded that we cannot separate the physical from the spiritual energies. All are one. The communicator finishes with the profound statement: ***Love, love, is the purest energy, the universal energy — consciousness, as many of you refer to it — love will take you to the very peaks of spiritual energy, if only you will allow it to do so.*** We are also reminded that the love that we give out will always be returned to us. (6/10/97)

Les: There is one question I would like to ask: We are all aware and we all accept, I have no doubt, that every living thing, in some degree radiates some form of energy. **(Yes.)** Many people believe implicitly, that they themselves can absorb energy, from trees and some go to the extent of putting their arms around the tree or pressing their foreheads up against the bark of the tree. I wonder whether they would absorb energy, similar to that which is living in the tree. In other words, an oak tree no doubt, would possess a very strong and vibrant energy, whereas another sapling, could possess an entirely different form of energy, or am I wrong in that assumption?

No, you are not wrong. After all, as humans vary in their degree of knowledge and spirituality, so too do those trees of nature, as in all areas of your nature. Some wax and wane in their energies — that should be realised. But let me say this to you: When you say, 'Do people absorb the energies from trees and other such items?', let me tell you what is happening. They are not absorbing an extraneous energy, they are *blending* with the one energy, that belongs to humans and to nature, as you call it. It is a *blending* of the energies, which *belong* together. After all, the tree is part of you, and you are part of the tree. (Yes.) It is a universal consciousness of energy, to which you all belong. Do you understand?

Les: Yes, I think so, but would they gain any benefit, from imagining they are absorbing energy from the tree?

Only in as such, as that blending would create the rising of the energy within themselves. They do not *take* energy from the tree, but the blending of both, creates an upliftment of energy, which to them, may seem more powerful.

Les: Very interesting, thank you very much. I couldn't quite see how they were able to absorb, what to some extent, must be an energy, though coming from the same source, is nevertheless alien to the energy peculiar to the human being.

Yes, yes, there is much we could discuss along those lines, but always remember that the energies which belong to you, to every living thing — which after all IS living — everything is alive, everything is energy. You must remember this, if you are to begin to understand what this living energy is. After all, do you not feel better, when you come into contact with other human beings and you feel that great pull of energy from them?

Les: From some of them, yes.

Do you not meet others, who you want to remove yourself from?

Les: You're quite right, we do. I have always said that though we don't know it physically perhaps, the auras are attracting or repelling that other person.

Yes, again I repeat to you, your energy depends on spiritual progress. Do we have questions, whilst we are on this subject?

Les: We're right I believe in accepting, that energy is inherent in and therefore radiating from, every object which we call inanimate. **(Yes.)** So of course, that is effectively a wrong term, isn't it?

What you must understand and let us clear it for you now: It is not inherent — I do not like the word, forgive me. It is not part of you, you our energy.

Les: Yes, I see what you mean.

You cannot be a PART of energy, when you ARE energy. Do you understand?

Les: Yes, now it's pointed out to us, I'm sure we do, but of course we had the mental stipulation that we were only part.

Yes, you must remember, all of you are part of each other, although you see yourselves as separate entities. You all possess the energy from which we all have come. We may be vibrating on different levels — of course we are — again I say it depends on your spiritual development, whilst you are clothed in these bodies. But all of your planet is just one mass of energy, in which you are ALL part. Imagine your seas of this planet, do they not flow and ebb, but still they are there?

Les: Yes, that's quite right.

Imagine yourself as that sea that at times you are stronger and at times you recede, but always that energy remains the same. Do you follow me?

Les: I believe so, it's not easy for us to understand that it remains the same, even though it's ebbing and flowing, or increasing and decreasing I think, would be more understandable to us.

Yes, it is something that we are trying to simplify for you, (Thank you.) because it is a subject which will never be truly understood by people on your planet.

Les: I can well believe that.

After all, you have to understand that this Earth planet is indeed part of the fuller energy of the Universe, of the Cosmic Consciousness. It is a wide area to be discussing, but I have been instructed to try to help you to understand a little more.

Les: Yes, I believe we are slowly beginning to understand it. I might perhaps follow that with another question. We all know that our Earth is in an electrical (?) orbit — that's why we have summer and winter. At the same time, it is turning on its axis —

'How is this so?' Are you going to ask me?

Les: Yes, you've got my question?

Yes, how is this so?

Les: Yes, what is the energy that continues this incessant movement, year after year?

You have to try to understand the Universe. If you can see your planet, in its true place within the Universe, then perhaps you might begin to understand what is happening. You are a universe within many. You are encompassed — each planet, within that universal energy, which surrounds all planets and to which your individual planet, is but one iota of energy. If you are wanting explanations in a physical sense, of why your Earth rotates as it does, then I would be unable to answer, because the answer is too complex, too widespread for your understanding.

Les: Yes, we quite appreciate that. It's impossible to explain it to us in terms we could understand fully.

You are but one bubble in a vessel of water. Is not the bubble suspended? Is it not individualised within that vessel of water? (Yes.) If you can visualise your planet as such, then it gives you some small inkling, as to what the energy pattern surrounding your planet is.

Les: Yes, I have wondered myself — I haven't spoken about it, but I have wondered, since all is energy, gravity itself is energy —

Of course, now we have some understanding.

Les: So, why doesn't that energy pull the planets from their orbits?

Because it belongs to the wider scheme of energy; energy which has purified in the way that each individual here, differs in their spiritual attainment and spiritual energy. So too, do the planets have their own energy, can you follow me?

Les: Yes, and that counteracts the energy of gravity does it?

Yes, yes, now you are beginning to understand just a little.

Les: Yes, that does explain something which has occurred to me in the past, why these two were not in opposition to each other.

You cannot have opposites, in the Great Scheme of Life. There cannot be that 'tug,' I believe that is one of your terms?

Les: True, it is.

You cannot have opposition, to what in fact is perfection.

Les: Yes I was coming to that, because there must be perfection, since the creator originally did all this complexity?

You are but a dot in that perfection. Your understanding, as my own is, is very little, in the Great Complex of Life.

Les: So our efforts to attain perfection in our own spiritual development, I imagine would ultimately itself, result in us becoming part of that purified energy?

That would be the ultimate goal and that is what each of us strives towards. And what I have to tell you from my own knowledge is it seems unobtainable, because there is always a wider scope of knowledge to reach out for. You understand that energy is ever-refining itself, towards that purity, which we know as the Great Creation of Love. After all, let us simplify all energy: What is it, but the creation of great love. So each one of you in your own way, whether you fully understand what you are about, whether you understand where your planet lies within its own universe, whether you come closer to that creative energy, let me say this: Please know that each one of us strives for refinement of energy.

Les: That is what we are striving for also, isn't it?

All living things strive for refinement of the energy, to which we all belong. There is no mystery, although you people on this earthly planet, are very good at creating problems, where none exist.

Les: Yes, we do create problems, don't we? You may have anticipated my next question. I was going to ask, since there are so many on this planet, who have no conception of spiritual development, does their method of living, which to put it bluntly must be operating in a very coarse type of energy, does that effect what you are trying to do, for universal refinement of energy?

Of course it makes a difference, but we do not work with the energy pattern of one lifetime. (No...) You must understand that as human beings, you have not lived only ONCE, that your spiritual knowledge is far greater, than most of you fully understand. So from our world, we can utilise the spirituality of that person, even if in this lifetime, that energy has become dulled. We would try to utilise that innate knowledge within them, to create what we try to achieve. (I see.) We are going onto another subject, but I hope it has clarified it to you a little.

Les: It has to me, has it to everybody else? (General agreement) Because energy itself can never be destroyed, can it?

How can it be?

Les: No, because even if it were possible, then energy itself, is causing the destruction, so it cannot destroy itself.

Everything, all of Creation, always has been, always will be — cannot be destroyed. It can be altered, it can be changed, but never can it be destroyed.

Les: No, of course that's something which we just cannot grasp, because having in mind the ultimate ending of the physical body, it rather colours our outlook and I think for most of us, it's very difficult to imagine anything, which doesn't ultimately cease.

Why should you be puzzled when I tell you this? After all, you have the knowledge, that you are spirit and you will continue. Spirit is only a word, another word for Living Energy.

Les: Yes I think the puzzlement is always becoming less.

That is what we are trying to achieve.

Les: I don't think anybody has any doubt about that, have they? We're far less puzzled than we were in days gone by and I know I'm beginning to understand the conception of eternity much better.

Yes, there are those on your Earth, who when they leave this lifetime, will become blended with the purest of energies. But I would say they are very few. Most of you who leave these bodies, these useless bodies, when you come to us, but you will need, or desire at times, to return again, to a physical being. That is only because there has been work, or energy, or however you wish to describe your lives — that there are things undone. You do not have the purity of the energy to go forward, so sometimes the need to return is great. That is when the energy needs to recede and to grow stronger once more. We are on difficult subjects here; I do not wish to confuse you too much.

Les: Thank you for that.

George: Yes, regarding the physical counterpart of our energy, are we—

Stop, stop, stop please. There is no physical counterpart, ALL is energy. You cannot separate. Energy is energy.

George: Yes, I phrased it badly. I appreciate we're all beings of spirit, first and foremost, but a part of our being, is what we call physical, on Earth. On the universal scale, is our condition fairly rare, or would it be fairly common, or do purely spiritual beings, vastly outnumber those beings such as ourselves?

We have to touch upon another subject here. You are counting numbers physically; you are not fully understanding what spiritual energy is. I have to return to what the master has taught you before, that you are more than one. You belong to one energy, all of you, but each individual spirit, has more than one facet to their energy pattern. Is that clear?

Les: Yes we have been told many times that.

When you leave this physical cloak behind, you will return to the whole and only then will your energy show itself, in its truest form, do you understand?

George: Yes, yes indeed, thank you.

It is not easy I know, it is not easy for any of you here on this planet, to understand the workings of the Great Creator. None of us fully understand, but those of us who have extended knowledge, try to bring to you just a little more, in order that your lives here, can become enriched, that your understanding can grow, in order that the energy which you all are can gain in strength and that you all become beings of Love. After all, that is the purpose of your lives. Love, love, is the purest energy, the universal energy — consciousness, as many of you refer to it — love will take you to the very peaks of spiritual energy, if only you will allow it to do so.

Les: Yes, I think we are often our own worst enemies in that respect. If we let our human thinking deny what our spiritual side is trying to tell us — I think we've all been guilty of that and probably still are, but I hope much less guilty than we were, before these teachings began.

That is the purpose — that is my purpose, small as it may be — that we bring you more knowledge, in order that you can see yourselves more clearly.

Les: We do greatly appreciate all the teaching and help we are given, because we can to some little degree, appreciate your difficulties, in trying to explain love when love itself I believe, cannot be analysed.

I could not begin to tell you, what the true meaning of this word is. You have to understand that when energy becomes so refined, words are so unnecessary; it is a knowing, it is a part, it is a blending together of all who have attained such positions and it is an on-going course, towards the purest energy that is attainable to us.

Sallie: Could I ask something please? (Yes please.) Love is energy, therefore, fear — fear I would consider as emotion, but it's also energy, isn't it?

All things are energy. Fear is the opposite of love, is it not? Therefore, it is energy condensed; it is a less refined form of that love energy, but nevertheless, the same energy. Do you follow?

Sallie: Yes, I hadn't thought about fear as energy. I believe I'm understanding all things are energy, but for some reason —

You did not fully understand.

Sallie: No

No. All of life is energy, all of existence, all of your planets, all of your Universe — you cannot distinguish between any two things. Energy is ONE, whether it is the most refined energy, or the densest, it still belongs to the ONE energy. Do you understand?

Sallie: Yes, yes I do understand.

Do you all understand, because this is the basis of all understanding of energy, that it is only one energy, but in varying degrees. Do you understand please? (General agreement)

Les: Yes I do, does everybody else? Does anybody have a further question on it? Our friend does want us to be clear. **(Yes.)**

George: I think I understand that love would be the purest form.

Yes, it would be the quickest vibration of energy, which you could achieve. And when we speak of Love, we are not using the word 'love,' as you would do here. Do you also understand this?

Les: Yes, your conception of love, which you are trying to give to us, is such an overwhelming love, that we have no ability really, to understand it.

No, but try to find a capability, of at least searching your hearts towards it.

Les: Quite, well we'll do that.

You cannot do more, you cannot do more.

Les: I remember being told by various communicators, that your job here in this life, is to sow the seeds. You may never see the blooms, but continue to sow the seeds, of what you know to be true.

I would like to extend that for you: To be yourself, to be as full of love, as you know how, needs no example, because that energy would stand forth, as a shining example, on its own merit. Do you understand? (General agreement) When you have attained a certain degree of that love energy, then your light shines forth to all who can come forth. And like the question about the tree and the person seeking energy from it, so too does your pure light of energy attract others.

Les: I think I'm right in saying that your being here tonight with your love, has brought a tremendous love into this room.

I am extending the power of love to you ALL. I hope it is being felt, it is an exercise in showing you that in shining forth with love energy I can draw you closer to me.

Les: I certainly can feel it, I hope everybody else can as I can? *(General agreement)*

Can I suggest that we stay quiet for one moment, to let you feel this energy, which I bring to you now? (Yes.) I will then leave you. I hope that what I have brought to you this time, has once more given you something to think about — that you will know, that the Love that you extend to others, will be returned to you, more than you will ever know or understand whilst you tread this planet. Now I give you all part of my own love energy.

Energy is always returned

A felled tree, when it dies, is burnt and its energy is returned. Energy cannot be destroyed.
(10/11/97)

Les: Yes, I have been giving a great deal of thought to your teaching about energy. What I'm going to ask may seem stupid ultimately, so I apologise in advance, but so far as I can see, the soul, of which you have spoken so much, is energy. You've told us that animals have a

soul to a lesser degree, that plants and trees have energy embodied in them, which can blend with ours. And I have been wondering, if a tree is cut down, and its timber used say in the manufacture of furniture, ultimately that furniture is worn out and probably will be burned. But since energy is indestructible, does the energy which was within that timber, return in some way to the source of Creation?

Of course, it is simple — you have answered your own question. Energy is indeed indestructible, so therefore it returns to the source of all energy. It is difficult for you all I know, to understand the working of energy in its many forms, but it is no different from mankind, if we can compare the tree to mankind. After all, when the body is decayed, does not the soul which is energy, go forward in seeking its home, its rightful place within the sphere of life.

Les: Yes, we do understand that. And also, in the case of animals, they have if I can say, a 'lesser' type of soul, they also can be resurrected. That has led me to think, silly as it may sound, that plant life also must have a form of soul.

All living things are born of energy. There is not one thing within this planet Earth, which is not energised, by that all-encompassing energy, which is known to us as Love. After all, if you take your planet, it is just one mass of energy that belongs to the wider scheme of the universe. So, each living thing within this planet, belongs to the larger whole, can you not see?

Les: Yes and must return to it, when its physical existence has finished?

Of course, plant energy would in effect return when it is decayed, to the soil, which is also energy. It is a continuing process, which can never be destroyed.

Les: It's an ever-lasting recycling of the energy, isn't it?

It is energy used in different forms; that is all — all energy stems from the same energy.

Les: Yes, I thought it must be returning, but since we have no tangible evidence that we can put our finger on, it was difficult to imagine it.

You will find difficulty in visualising energy, unless you have grown to recognise the energy form, the pattern of energy within your world. It is possible and many do see energy forms. It is not impossible, after all, I know you have discussed in past times, about speaking of energy being seen around peoples. What is that, if it is not spiritual seeing of the energy which surrounds the being.

Les: That's right and your instrument has seen the energy of the atmosphere.

That is our desire that this should be.

Les: So, we too could see energy in the atmosphere, if we attempted to train ourselves to do so?

Look with the spiritual eye, not the physical. Always we return to spirit and not the physical.

Les: Thank you for your answer — so I wasn't being stupid after all.

[Animals do not choose to incarnate in the same way as humans](#)

Salumet explains what happens with animals. The animal would *sense* a spiritual attraction of energy. Salumet explains this in more detail. (5/1/98)

I was interested to listen to you as we came together this time. I know that the opportunity to speak a little more on energy, would take place and it would seem that the time has come dear friends, for us to elaborate a little more.

Les: Thank you that would be very interesting.

Of course, you know and understand that the souls of animals continue, as do you humans. (Yes.) You should not be surprised therefore that animals although a little lower on your evolutionary chain, still maintain part of the overall energy pattern.

Les: Yes, we can understand that now.

I would like you to know and understand a little more. Animals who incarnate into life, do not *choose* in the same manner as you do. They make choices once they are in the body form of the animal. (I see.) The choice is not made before they incarnate. Do you follow me so far?

Les: Yes, we remember you saying that we choose **(Yes.)** the manner in which we come back. But now you're saying animals don't choose in the same way.

Not before anyway. What you have to understand is that they are attracted to the overall energy pattern, which is before them. They do not make a choice of the human being, but of the *energy pattern*, to which they *belong*. (I see.) If you can compare perhaps to what you term *jigsaws*, (Yes.) if the animal was aware that it was a missing link, of course the attraction would be there. Do you understand?

Les: Yes I think I do — do you mean the part of the jigsaw would be the potential owner's *desire* for a pet?

No, no that matters of course, but it is a *knowing*, a *sensing*, it is the *attraction* of the energies to each. We must move away from the physical elements once more, for your understanding of this matter. The animal would *sense*, as does the human being — that is what you would call the *physical attraction*, but it is in fact a spiritual attraction of energy.

Les: I see, so it is the spiritual energy in the animal as well as the spiritual energy in the person?

Yes, yes — I have spoken to you previously about why what you term *opposites* in human nature, are attracted to each other. (Yes.) It is not that they are compatible in human life, but that they *seek* and they *need* what each other has. So be it between animals and human beings.

Les: I see — that is very interesting for us to know.

Can you begin to see that the whole of life now, is the formation of the energy pattern, the meeting of the correct energy? After all, imperfections that are there will be erased upon the unification, the joining of the correct energy patterns. Do you understand?

Les: We begin to; I wouldn't say we understand fully, but we can begin to have an idea of what you are telling us.

I did explain it is a difficult subject, but one we will constantly return to until your understanding is such that you begin to see with those spiritual eyes, what I am telling you.

Les: It is particularly interesting to me, because only yesterday I was typing a transcript of a previous tape you recorded for us in which you said all energy, plants, animals and humans are all part of the same energy. **(Yes.)** So that ties up with what you are telling us now.

Yes, if you can understand that that is why human beings create their own illness — it is their *energy patterns*, which goes haywire. It is the fact that

these energies can be blocked and unblocked, which makes you all so interesting to each other. (*I see.*) If only your knowledge of yourselves and each other could be extended thus, many of your life's mysteries would be shown in a new light. The understanding would radiate forth and many of your mysteries would be solved. It is the knowing, it is the understanding, it is that inner thought which is needed to bring forth these things.

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

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

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

And you *are* each in your own way.

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

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

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

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

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

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

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

[Energy is always moving](#)

George states that divine energy is always moving. However, problems can arise when this energy becomes static which then manifests into poor physical health in the human being. When these physical problems occur, they be turned around when the blocked energies are released. Salumet explains. (20/9/99)

We spoke last time about emotions and how these affect your living (see beginning of 13/9/99). What I wish for you to understand this time, is more of your understanding of what Spirit is. After all, you know my dear friends that you are Spirit clothed in these physical beings, which at time causes you much grief. But I wish you to think this time about the Spirit aspect of yourself, which is clothed in these earthly bodies this time. What is Spirit after all, but energy—divine energy. You know and understand this well. We have to talk a little about energy once more to begin to understand. Can anyone here tell me their interpretation of what energy is?

Sallie: It's a form of life.

Yes, but it is much more; it is a form of life, but it is much more than that, but I thank you for your answer. Does anyone else have an answer for me?

Lilian: Is it an energy that is all-knowing?

All energy is all-knowing. It is within and without.

George: It is love and movement and progress.

Yes, the gentleman has the correct word. Energy is movement. That is why—and I will keep this simple for you: without movement energy becomes static. That is why when clothed in these earthly bodies, so many problems arise, because your energies become static, which in turn manifests itself through into the physical being. Do you understand me so far? (*general agreement*) Does anyone not understand?

Lilian: No, I think we all understand.

That is why when we have places such as this room, so many people enter and find that wonderful feeling of upliftment, of light, of love. It is because the energy is ever moving, partly because of those who come from our world, but also your contribution to the spiritual work. So, the energy within these places becomes purer. Do you understand this? (*general agreement*) Do you have any questions so far?

Sallie: If the energy becomes static while it's clothed in physical form, there are different ways of manipulating it though isn't there? And making or helping it move while it's contained?

You speak wise words, my dear friend. This lady has more knowledge than she uses. The understanding is there, but she does not fully utilize it. But, yes of course, as we said last time, the power lies *within*. The Spirit has the capability of using energy correctly, to prevent that static build-up, if I may use that earthly term. That is why the physical body has illnesses when energies become, how you would say, *stuck*. Is that the correct term?

Sallie: Blocked.

Blocked, that is a much better phrase, thank you. So, can you see my dear friends that the Spirit, being all energy, all movement, has the power over all things if used correctly? Can you see the comparison now between Spirit and the physical being? (*general agreement*) Can you see that physical problems which occur, can then be turned and used wisely for spiritual growth and movement? Spirit is ever moving—it has to, it cannot become still. Do you all understand this? (*general agreement*) Therefore now you know that Spirit is another word for *movement*, always *movement*. Can you now begin to understand my

dear friends the power that lies within each one of you? Can you begin to see the wider issue of your lives?

Lilian: Yes.

Sallie: Why should it be that we are taught the opposite? We are taught to suppress everything. Is it a political control thing? We are taught such rubbish here, aren't we? Well, if that is your feeling, then that is your understanding. Can you accept this? What your understanding may be, may differ from another's viewpoint. (Yes.) That is where, my dear friend, your own freewill, your own awareness comes into play. Can you understand this? *(pause)* No, she cannot. She thinks deeply, but it also confuses her. Let me say this to you: When Spirit is clothed within this earth, when the Spirit accepts this body, this lifetime, it also accepts many limitations. That is part of the soul's growth. It matters not what limitations, what hardships, what troubles come before you; what matters my dear friend is how you cope with them. That is the important question. No one expects you to lead a perfect life, because life upon this planet cannot be perfect at this stage of its evolution. But what I will say to you is this: That constantly you must seek your true self, that spiritual aspect which you know, and you know this innately, because it is all-knowing knowledge. You *have to* find it to understand and to seek a life which is trouble-free. Can you accept this? *(general agreement)* You cannot do more than your very best. Therefore, there will always be limitations placed upon you. There will always be conditions upon this planet, which you will find upsetting, but that is because you *are* physical beings. But what we discussed last time was the fact that no matter how distressing life becomes, you have the power in the moment to change your lives. You and you alone have that power, and this my dear friends is an important teaching for your all. So, I say to you all, take these words I have given you this time, coupled with those words given to you last time; put them together and we will have further discussions and questions about it. Are you happy my dear friends with my words this time? *(general agreement)*

Sarah: So, when we look inside ourselves it gets our energy moving and when we attract other people it gets their energy moving and this brings the peace and tranquillity amongst us. Is that right?

I would say to you this: Before you become concerned about another energy, focus upon your own. And only when you understand fully your true self, your true Spirit or energy or movement—call it what you will, these after all are only words—when your own energy is as *pure* as you can accomplish, only then can you take on the energy, the movement of other people. This is a deep matter, you must take one step at a time in your understanding. What I have said to you this time my dear friends, are simple words with deep, deep meaning, and this is what I would wish you to ponder upon this time. I will leave you now, knowing that my words will stay with you until such time we have the opportunity to discuss them further. I will leave you now, be it still in that ever-moving Light of Love. *(general thanks and farewells)*

[Have you considered that in meeting this time, why there should be differences in your spiritual awareness?](#)

Salumet explains that we need the energy of each other to create *one* spiritual energy for this work. This complex subject is carefully addressed by Salumet and requires careful reading. (11/10/99)

I would like to speak with you my dear friends, about something I feel you may not have considered before. You know well that each one here has been associated in previous lifetimes. (*general agreement*) Therefore, have you considered that in meeting this time, why there should be differences in your spiritual awareness, each one of you on a slightly different pathway?

Sallie: Wouldn't we have been at different stages last time as well?

Yes, of course, this is the first question that you must pose, but to come together once more there has to be a unification of some spiritual knowledge, you agree?

Lilian: Yes, I think we can feel that.

What I wish to tell you this time my dear friends, is although the awareness is so different within each one of you, it is because each one of you seeks energy from another in order to combine, to create *one* spiritual energy for this work. In the same way as I have told you that darkness seeks light, so do each one of you seek the energy of each other. Can you understand this? (*general agreement*) If you cannot please let me elaborate now.

Sallie: I think I understand what you're saying, but I don't quite understand why we repeat the pattern in the same soul group.

That is the topic of discussion this evening—that is what I will come to. What I am about to tell you this time is little known, but I feel my dear friends, that you now have the understanding to accept and to begin to understand. Therefore, let me explain to you a little further. You know that all life, all energy, comes from the one source. This we cannot dispute—that is the pattern of life. We all accept that we seek to return to that from which we came. (Yes.) It is a long task and many lifetimes to even begin to be on what you call *the ladder*. This we have discussed many times, but what you will not fully understand is that within the form of life's energy, there are many separations—and again, I am touching upon deep matters. Within that *one whole energy*, there are separations of energy, and those of you who have touched each other's lives, not only in this lifetime but in many others in different forms, *you belong to one energy pattern*. Can you understand this? (*general agreement*) So let me say again, that within the energy life form, there are many separate energies. All of you here come from that energy pattern, in order that you can grow and therefore at some time in your existence you will return to that pattern. That energy pattern then would merge with other energy patterns at the correct time to continue forward in its growth, in its knowledge, in its understanding. Therefore, to belong to one separate energy pattern, brings us to something else. Why, when you separate, when you take on these physical garbs, why are you not all united in the same knowledge and awareness? I say to *you*, my dear friends, you are, **YOU ARE. When it comes to spiritual knowledge and energy, there is no difference between you. What makes the difference is your choice of life, *your choice* in this particular lifetime—that is all. But as spiritual beings each one of you has that *Divine Spark* of energy to take you to that separate energy pattern where you belong. Are you following me, my dear friends, are you understanding?**

Sallie: Through the life choice we make, we have gained some sort of knowledge which is different from other members of the group because of the life choice they have made,

(Yes.) what about our spiritual memory, what we can actually choose to remember, because we have got it in our memory haven't we, to a certain extent?

I have told you, yes you have all knowledge. It is entirely within your power to remember and to use what you already know. That choice lies with you.

Sallie: Is that a choice we make before we come back?

No, you return to the physical life style with most memory erased—I have told you this before I believe— but that does not mean you cannot open that door to re-memory. This is part of your spiritual growth within physical living, you understand? (general agreement)

Lilian: Is this partly why, well for myself, I feel very comfortable with everyone here?

Yes, because each one of you come from that separate energy pattern. That is why over many years of your time many people come, many people go, many people go who are suitable with you, but they feel and make the choice that they must go forward on their own. But there are those who you would not be compatible with, may I say and those are the people that you would not do much good work with.

Sarah: So, does that answer my question, are we the only ones in this energy pattern, or are there some others who we have not yet met?

There will be people who come, who go. When I speak of *energy pattern*, you must remember that energy is ever- moving. So, it cannot be static, I have told you, and that is partly the reason why we have discussed energy before, in order that you had the feel of movement and change.

Mary: I understand that before I joined this group there was a meeting telling each of you how you fit in together in a previous life. (*We'd all been together as monks*) I joined the group afterwards. Did I also fit into that particular group?

No, you did not, but you still belong to the energy pattern. You were not part of that particular lifetime. You have not been together only once, but if you remember I said we would tell you of one lifetime together in order that you could begin to recognize some of your physical traits in this lifetime, to which I believe all of you could associate. (general agreement) The lady who has asked the question, she has been close with not all of you, but many of you in other times. This is what you must remember that *one* lifetime is not the ultimate lifetime. Each one of you has had many experiences of physical living. You have not always spent those lifetimes together, but that lifetime was given to you as an example and to help you to understand yourselves a little more.

Sara: Can I ask does the same apply to me, because I wasn't in the group either.

Yes, there are many, many not in this room at this time, who belong, as the lady has said, to this energy pattern from whence you come. It is deep matters my friends. I wish you to think upon it carefully, to *feel* that energy, to know that energy and to *know* that each one of you seeks energy from each other.

Mark: Are there many different energy patterns?

Of course; we all come from the *one Source*, but within that Source, there are many energy patterns, yes. This is little known knowledge. That is why I bring it to you simply and to allow you, each one of you, to take this knowledge with you this time, to think upon it carefully and to find where you belong in that scheme of life. You can know more if you will but seek for it.

Mark: Are the energy patterns becoming more or less distinct with time?

In what way?

Mark: I was thinking about whether people in general were coming together more or whether the energy patterns were merging more.

We have reached a time in this earthly evolution, when you human beings are becoming more aware generally, if that is what you mean. I told you when first I came to you that many times there have been great teachings upon this earth and many times has mankind thought he knew best. I told you, did I not, that this time all over you earthly world, many teachings are taking place that human beings are now becoming more aware, accepting what we say to them. But still, there is much for you to learn. Much has been denied, but we must work hard in order that human beings this time cannot deny the truth.

Mark: Does becoming aware alter the energy pattern?

Of course; you should know and understand this by now that you each one of you have the power within yourselves, not only to know yourselves, but to change all around you. Each one of you is an individual energy pattern. That is another subject, which we will enter into on another occasion. But for this time, I wish you to know that each one of you belongs to the energy pattern of Spirit from which you all come to grow, to know yourselves and to work together.

Sara: So, you can say that we have a spiritual compatibility? Is that a way to describe the feelings?

Yes, otherwise I would not be able to speak with you quite so easily. There has to be that union of Spirit and that is what each one of you possesses.

[Spiritual beings are coming to help raise the vibration of this learning planet at this time!](#)

Salumet refers to light energy in the form of pure loving spiritual beings coming to help mankind to progress. It is time for mankind to be able to access the unconscious mind, to awaken what is deep within. (29/4/02)

Good evening. (*greetings*)

I have spoken to you my dear friends a little about energy. I hope it has given you much to consider. I would like to say to you just a little more that at this time of the Earth planet's evolution much what we shall call '*light energy*' is coming to this planet. You know that energy has always been and always will be, but at times it becomes necessary, that *light energy* be directed to many different planets. I can tell you my dear friends that at this time in your planet's evolution it has become part of the scheme of all life that the inhabitants of this planet become much more aware consciously of all that has until this time remained within the unconscious mind. It is necessary that mankind upon this planet awakens to all that is deep within, not only concerning this lifetime, but to go deep and to become aware of all that he has been. I told you when first I came, that there were many who came to help and to uplift and to influence, but what I am saying to you now is that within the scheme of life, *light energy* is being used much more for the purpose of awareness within your planet. Whether your understanding is great enough—that is an individual question for you—but all I would say my dear friends is this unconscious

awakening is beginning to take place. That is why there are many such as myself who come to help, to uplift and to teach, to help you in your understanding. You know and you understand that light and dark energy belongs to the same energy, but *light energy* must always succeed if mankind is to become conscious of the Spirit within. You understand this? (Yes.) What I can tell you my dear friends that soon all of you and those in your world will become aware, either by word of mouth, or through your media, of new forms of communication. I told you some time ago I believe that this would happen, and the process is now in place.

George: Could I ask is this a spiritual form of communication? Is this like telepathy? Yes, there are many forms, but many new forms have been introduced—I almost said ‘*created*’, but that would be a false way of putting it—it is new only to you on this planet, but until there can be communication mind-to-mind, then there will always be much difficulty. Mankind now is beginning to awaken to all of this communication. You already know that many have communicated through your machinery. You are aware, I am sure, it is taking place throughout your world and as the awareness grows, then we can do more. Do you understand my friends? (*Affirmations*) This earthly planet has reached a point in its evolution where it is of course a teaching planet, but it will become one of awareness, one of great and deeper thinking. I have told you my dear friends that the fear on this planet is almost tangible. There are so many what you call ‘disasters’, but which you now know to be part of the scheme of life; but it is now necessary that mankind begins to feel for himself. You notice that I do not say ‘think’ but ‘*feel*’. And that sense comes from our world; it is understood more in our world, because what you *feel* is what you *are*. Do you understand? (*Affirmations*) Are you sure?

Lilian: Would it be we can feel within ourselves when things are right and when things are wrong? Is it that sort of feeling?

When your what you term *intuition* comes to the fore, that is the Spirit speaking to you.

George: I think in a way you are telling us that our perception knows no bounds. Yes. It is better to *feel* than to try to curb those feelings with the thinking of your human brains, because that my dear friends is what happens—that the brain and the way mankind has evolved interferes with that inner sense of feeling. You know this only too well within this room, but there are many, many thousands in your world who do have your perception of what Spirit is about. They are the ones we must try to reach. If this planet is to evolve from one of learning, then we must take these steps forward, not only from all of you my dear friends who do so much, who listen to my words and in your own different ways pass on this knowledge. You have, my dear friends, done much good work between you in giving forth the truth. I do not say that all who have been spoken to have accepted those words, but I can tell you that therein lies that seed which is needed for the development of the Spirit. There are too many within your world who are lost; they have lost themselves and that is why we come to you at this point. I have felt it necessary my dear friends to repeat this time many of the things I have told you previously, because your planet at this time needs upliftment, needs much love—not only the Earth planet, but many more within this, your universe; and this is something we will talk much about at a future time—where this planet sits among your universe and what relation it has to those other planets. You know of course that one cannot exist without the other. It is a pattern of existence which follows that great energy which has created all things and although I tell you that much help is needed, I say also it is the plan of life.

Lilian: The *light energy* that you've spoken of, in time if people came from other planets to visit and we were more aware of this *light energy* and spirituality, this would help us to accept them, wouldn't it?

Yes, because mainly they are light beings, but you would need to have the awareness to recognize it. You are quite correct in that assumption.

Lilian: We would need to have the awareness to recognise—

—Their light energy. They are beings of light themselves, many who come to your world.

Lilian: So, we could actually see them if—

There are many amongst you in your world—call them teachers, call them people whose light shines out to many—they are the beings of light in your world, they are the beings of light to come, whose whole purpose is to help the people on this planet.

Lilian: Yes, I think we could think of one or two, but—

One or two—there are many, many at this present time. It need not only be those who are well known to you. There are many in your world at this present time who lead what you would term an ordinary life, but whose light shines so brightly that people are influenced by it. So do not always assume that they are people of great knowledge, or who are known to many, many people. Of course, there are those who exist in that state, but there are also many, many more who wish to come to this planet to be an ordinary person amongst you, but whose light is too strong not to be recognized. Do you understand what I tell you?

Lilian: Yes I do.

George: Yes, would it be true to say that in past times there had been these light people in regions in the east, in the Himalayas, more so than in the west, but now we have a situation where they are much more widely spread.

Yes, of course. It involves all of your planet, not sections of it. It is important now that the whole of your planet is able to digest knowledge and truth, and this is what we are about. It will not happen in one day, one week, one month, one year—it is part of the growth of the planet—but I can say to you my dear friends that it will come sooner than you could ever realize.

George: That's good news.

Slowly, slowly I have said to you often, and this applies also to the gaining of knowledge and awareness. Do you have any questions for me? (*Lilian then asked Paul if he had a question*)

Paul: Not at the moment unless we were going to talk about the name vibrations, but maybe you want to save that for another time.

I will return to that, I have not forgotten. I just feel that at this present time that to know a little of the energy and what is happening is what you need for now. Remember, time means little and I will return to many things. You have no questions which I have spoken about this time?

George: Can I go back to the beginning when you were talking about white light. I took this to be a spiritual light and I think it is now clear that it relates to beings who are visiting, and these will raise our energies and vibrations so that we rise above our physical selves. Is that a way of putting it?

Yes, that would seem accurate for your understanding. You understand when I use the words 'white' and 'light' and 'dark', again I am governed by your human words. The difficulty always in explanation, in trying to explain simply to you just what these energies mean. 'White' in your human understanding stands for goodness, does it not? (Yes.)

Therefore, it seems sensible to my way of speaking, to use the words that you can understand easily. Therefore *'white energy'* or *'white light'* —words are really quite irrelevant to me, but I use them only for your understanding. So therefore *'white light'* or *'white energy'* signifies purity, an energy which is so pure that it only transmits beauty and love and light.

George: Yes, thank you, that is wonderfully clear. I just wanted to clarify that point, because there are a number of scientific people who in the first place will think of sunlight and I knew you were not thinking of that.

No, you again must think on a spiritual level. Always my dear friends think on a spiritual level and all will become clear. If you try to think in human terms, then all will become cloudy and confused. Thank you.

Lilian: I don't think we have any more questions. Again, I think we need to think over what you have said.

Yes, it may be a good opportunity this time as I leave you that you allow the feeling of *light energy* to enter within, to allow that Spirit to come forth, to sit quietly and to see what you feel. You may experience some form of energy around the top of your heads or you may feel something entirely different, but I would suggest my dear friends, as I leave you this time to see what you *feel*. (General thanks and farewells)

[An exercise to feel those beings of light nearby](#)

Salumet repeats from (29/4/02) that there are many light beings coming to planet Earth at this critical time to raise the vibration of our planet. As an exercise, we are asked to feel the blending of energies between us and with the light beings surrounding the group. Without this enormous input of spiritual energy at this time, Salumet states that he would fear for the planet at the moment. We should do our part in blending and thanking our unseen friends and helpers. (4/11/02)

Good evening. (greetings)

I bring to you this time much that is needed for you. There are those around and about you who have been blending with your individual energy patterns. I will explain to you my dear friends why this should be so. Can you feel a blending of energy between you?

Lilian: Between us? I hadn't thought of our Spirit friends blending with us, I must confess, although blending together, yes.

Yes. I will say little this time, but I will discuss with you the blending of your own energies with those who stand close, and how that blending of Spirit takes shape. There is much for you to learn about energy and always I have told you we must go slowly with this subject. After all, it is not something which is easily accepted, because it can only be felt and not seen. Therefore, we have so many in your world who doubt us when we speak of blending energy; in fact, I would say they have difficulty sometimes in accepting that pure energy exists. I want to tell you my dear friends, although we are small in number, I want you to know that here with you in this meeting place, there are many from my world who stand close, not those who wish to communicate, but those beings of light whose purpose it is to raise the energy vibration of your world. I have to tell you dear friends that these

beings of light, the purpose of their existence is to raise the Earth vibration at this particular time in your evolution, because, you remember what I have said to you, that your world is making progress, it is evolving as it *should* at this particular time, but without the help of these light beings, I would be afraid for your existence. Therefore, my dear friends, to have these beings of energy come to these meeting places, I would suggest to you is quite something. But I don't only want you to accept my words, I wish you to feel the difference in the energy that is within and around you.

George: When we first began to sit, I sensed there was an energy *building* from that moment.

Yes. Did anyone else feel this?

Sara: Yes, I did.

Good. What about our gentleman friend?

Graham: I always feel an upliftment when I come into this group. I come in sometimes feeling the effect of the week, but by the end of the meeting I always feel very uplifted, I feel like almost a totally different person. It's a wonderful feeling.

But this time my friends, there is an extra energy with you. Try to allow it to blend with your being.

Sara: It makes me feel very relaxed.

Yes, you should almost, I would say, feel light, lighter than you would normally, but if you do not, just please do accept my words that they are here with you. There is much work for us all to do, there is work to be achieved in your world in the coming of your years, not only in *your* years, but in those of your children and your extended families. Life upon this planet will eventually become more spiritual in nature. I would my friends—and this is not a teaching, but it is a fact which will occur, and because of your dedication to our work I will tell you that there is much that will be uncovered or 'discovered', as you earthly being say, in the coming of your next two years. Many things will be uncovered that mankind will use to advantage. Remember these words my friends, when they come to your attention as they surely will, not only upon your Earth, but in the expanse of all existence there will be found new planets, new stars. Of course, they are not new, they have always been there, but the widening of mankind's vision is becoming much greater. Your scientific worlds are opening pathways, it is almost as though their eyes have been opened in many respects. So also, in your medical world will there be much uncovered and that is because my dear friends, we have been working closely for some great length of your earthly time, with those who wish to help mankind. I am telling you this my dear friends as a thank you for all that you do.

Lilian: We thank you for all that you bring us.

Love is the purest of all energies

Love energy is very tangible around festivities such as Christmas or between a mother and a new-born baby where the love is unconditional. Salumet repeats these truths and gives the group an exercise to do. (27/11/06)

I would like just to say that as you approach your yearly festivities, how much love is felt at this time of year. What I would wish to say to you is this: You know that all of existence is energy and we have spoken of energy on several occasions. But I wonder my dear friends, how aware you are when it comes to that energy of love and how different and pure it feels. I would say to you at this coming time of your year, when so many people are unconditionally giving of themselves, to try to become aware of what difference that energy is and becomes. I am sure that you would find that you are exhilarated by that awareness. It is something for you to ponder on I feel.

George: Yes I must say, I was considering the energy here tonight, which I'm trying to put the right word to it—I thought 'Powerful,' but that is not the word, because this energy is so easy to be with, (Yes.) yet it is felt and as you say, sometimes the love energy does seem different again.

It is the purest of energy. Think of the mother with the new-born child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded. Do you understand? (*Affirmed*) I feel my dear friends, a great need for you all at this present time, to raise your understanding and awareness. I touched upon this last time, with those who were present and I know my words have been read, but I would like just to reiterate some of those words and to say to you that from this time, it is necessary for you all my dear friends, for your consciousness to be raised in all areas of this work. I know each one of you does very good work when it comes to sowing seeds, when it comes to speaking of people in need, but now we need each one of you to raise your own vibration and that must come from each one of you and only then will we be able to give you so much more; not because it is necessary for your growth, but because in this work, we must always go forward. I am sure you understand. (*Affirmed*) So I am placing some responsibility onto your own shoulders and I am sure that all of us in my world, will attempt to help and support and to convince you of many, many things and phenomena, because my dear friends, you have earned it. But we must not come to a stand-still, we must continue to move forward. (*Pause*) I hope my dear friends, as I have been speaking of love this evening, that each one of you *feels* the love that is surrounding each one of you at this very moment of your time. There are many with you for that purpose.

Lilian: Yes I'm sure we all do.

George: Would I be right in thinking that in raising our awareness, this will be through meditation, through asking and through that inner feeling that seems to rise up?

Yes, you have to give a little more of yourselves outside of this room. You have to allow that spiritual being to become more prominent in your everyday living. If you wish to make progress that, my dear friends, is what is needed. You have to live a life of example as well as question what this work is about. You understand?

George: Yes thank you.

[Taking control of our own developments](#)

Last week, the group received a group-energy enhancement, where hands were held to physically complete a circle whilst being taken on a meditative journey. Following that experience, the group held hands for about one minute at the start of several sessions, as an experiment. (5/7/10)

I can feel your lightness and your brightness. It is heartening to see that you are beginning to take control of your own developments. That is good!

George: It's very pleasing to hear. Thank you!

For so long, you have listened to this spoken word and listened and received encouragement and help from many, but it is so good to see that at last you realise that together you can achieve much more. And, as you know, this has been our desire for each one of you. Last time, there was much energy in this room, and, although I was not with you, I was aware of the energy that was building among you.

Lilian: Yes, we were all aware of it.

George: It was an interesting session last week, and I was going to ask you if you were aware of it and the help we received in blending—in further blending our energy.

I would say to you, my dear friend: anything that helps you to become more aware of spirit is, of course, good for you. But the very fact that this evening you have all decided to progress and go further with that feeling of energy from last time, is good for you all. It shows not only, your individual endeavours, but, that, now, you truly have become, a unit of energy, and I know, each one of you here was much aware of what was happening last time (Yes). Yes—there is so much for you all to achieve, individually, and as this one group. The power of the energy that can be used from you enables us in our world, to bring much more to you. So, continue, my dear friends, in that form of development, and see what can be achieved. I do not intend to tell you what you can achieve. That is for each of you individually to know.

George: And, Bonniol, who looked in at the end of that session—he was, clearly, well aware of the energy improvement.

Yes—which is understandable, I'm sure you would agree. (Yes, yes!) Heightened spiritual energy is the basis for many happenings—many spiritual happenings.

Lilian: Also, there was a lovely smell of some kind—perfume—just coming and going.

Yes, it is just that your awareness has opened. There have been many occasions when these things have happened and no one has been aware.

George: I suspect that Bonniol was attempting to materialise flowers. There was some degree of awareness with us, that something was happening (**yes**), and the perfume seemed to be noted by four of us (**Yes**). It was possibly the perfume of the attempted materialisation—I'm not sure but that was my guess.

I would just offer one word of caution to you, my dear friends, inasmuch as you all *desire* something to happen, you almost want too much. Be open, be aware, but just allow it to happen (Yes). When you become too focused and eager, that is the human side of you—that element of your being which is impatient. So, I would suggest to you—to just stand back a little (yes), and when that energy has built, allow it to offer what it can.

George: We shall be pleased to take your advice!

Yes, I know it is not easy, but nevertheless, I have given it to you, to think about and ponder.

Dispelling negative energies around the great Pyramids

Is it possible to dispel negative energies from afar? A reader asks this question with specific reference to the Egyptian pyramids which actually do not really carry more negative energy than other places anyway. (8/8/11)

George: You mentioned 'negative energy', Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in **(yes)**. He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes). How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.

If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I'm sure he'll be very happy with that answer. Thank you Salumet!

What is spiritual energy?

Jim: Would it be possible to define 'spiritual energy' in the way that other energies are defined?

When you speak of spiritual energy, your scientists, even at this present day, are beginning to understand the refinements of known energies. But spiritual energy cannot be fully understood whilst you inhabit this planet, because you see, spiritual energy belongs indeed to a different dimension of energy. Are you following me?

Jim: I am following what you're saying.

Yes. I have spoken much about life in our world, which is of course pure energy. I will say to you briefly, my dear friend, that you already are spirit, and this I feel you accept now, as well as physical matter. When that overcoat is placed to one side, and you come to our world, there are many levels of spiritual energy; many that I could discuss with you, but as of now I have not discussed it even with my dear friends in this group. But, because of your interest in spiritual energy, we will make one evening dedicated to that topic. It is a

refinement of the energy, which exists already. It becomes more and more refined, but I will discuss it with you in a more understandable way, that you may understand what spiritual energy is. I am sure you will understand my words when I bring them to you, because what you cannot at this time fully understand, is the complexity of the levels within spirit. Most people upon this planet know only that you come to our world as spirit and that you progress, but they are not aware of *how* you progress through those spiritual energies, and this I will discuss with you. Are you happy with that?

Jim: Yes. There's plenty there to think about—yes.

I suggest that you do read what has been spoken, and you will come to some understanding. (Yes.) But you will not understand it in one moment. (Thank you.) But I would suggest to you that of course you also begin to know and understand who and what you are. And once that understanding comes to fruition, you will wonder why you had those human egos in place, because the beauty of your true *selves* will bring to you all of the inner knowledge that you possess. I want you my dear friends, to take command of your *physical* lives, in such a way that the spiritual part of you, which you *are now*, will be so strong that it would almost seem that you belong in our world. But, of course, you know that can never be, with all of your human frailties and fears and worries, but it is possible, my dear friends, for you to be in command of your own true spirit. And this, I urge you, urge you, to think about most carefully. And my dear friend, I will give you more on spiritual energy, for your understanding, and how it works within our world. (Thank you.)

George: Yes, I'm sure we all look forward to that.

Sun gazing

What are the benefits of sun gazing through closed eyes? Salumet confirms that this focusing on external energies would a good thing to do for purposes of growth but obviously with protection against the sun's rays. (13/1/17)

Sara: A friend of mine recently told me about Sun-gazing and she discovered some health benefits if you gaze at the Sun but with closed eyes at certain times of the day. Would you comment on that?

Yes, your Sun is so important to life on the planet—that is not disputed. When you speak of feeling better by gazing at the Sun—and I hasten to add, WITH EYES PROTECTED—what is happening is that you become more aware of the energies and the rays that exist in your planet, which come not only from your Sun, but many planets, many moons; they are invisible energies, it is only when they are focused upon that people realise just how powerful they can be.

Sara: She felt her eyesight had improved (**Yes**) since practicing this regularly.

There is nothing wrong in feeling those energies; in fact all of you would do well to focus more upon energies outside of yourselves. That is why people hug the trees, people lie prostrate in the grass—many things that humans do, is to build their energies, you understand?

Sara: And relating to that topic, she also mentioned that she thought some Indian Sages were keeping themselves alive with the energies of the Sun, whilst going without food and water. I know we have touched on this many years ago, **(Yes)** we talked about ‘Breatharians’ not being able to last for long in general, but I wondered if it is possible with the energies of the Sun?

They can last longer, but there comes a time when they have to go; that is all I can say.

Sara: Yes, that's what I thought you would say, thank you.

Yes—yes that will never change, they may extend their lives—it matters not which way they choose to *do* that, but it is possible until such *time* as they must return home. All of you have a little ‘leeway’, I believe your word would be; (Yes) yes, when the time comes to come home, yes—but I hope that has helped you.

Sara: Yes, thank you.

Energies of sound and light

Salumet explains how sounds and words can resonate within our hearts and souls. (5/6/17)

Paul: Could I ask a question about sound? **(Yes)** You’ve said in the past that letters and words carry vibrations-energy, **(yes)** and so I was thinking, words—the word ‘Love’, that has a certain energy pattern when you say it. Is that because of the letters and the sounds, but it’s also the meaning of the word I suppose, the intention behind the person who says the word, like ‘love’...

Yes, I understand. Remember that language has been created when you come to this planet, influenced by those of us in Spirit, who wish to help you along your way. When you speak a word it resonates within, it should strike a chord within the very heart and soul of your being; if it does not it is a word that becomes useless in meaning. So, to speak words you have to *feel* them—that’s where it resonates, from the Spirit. So when you say the word ‘Love’ to someone and you mean it, then there should be within your heart and soul the resonance of spirit.

Paul: Right, so it *is* more ...

It is more than just, yes ...

Paul: ... the meaning of the word, rather than the actual *sound*, because I know you’ve also said that sounds—we did a sounding out the vowels of the sounds of your name: aa – oo - ee ...

Yeah, and as you say all of those letters, if you focus upon your inner being, you will *feel* the energy of those letters.

Paul: So the ‘raw’ letters, if you like, *do* have energy as well ...

All have energy, every *thing* on your planet has energy, but sometimes the sound, especially of human words—after all, let us consider that it is the way you say a word, rather than the word itself. So, I am sure if you would all like to say some letters and *feel* what you feel deep within and then to say them without any feeling, you will see the difference. (yes) If you wish to try it now I am happy to listen to you.

Pause

Paul: So, saying the word 'Love', for example, just saying it as an example of a word, you can make it have no resonance.

You can say 'love'—what does that mean, there is no feeling behind that?

Paul: But if you say it deep within your heart...

Yes, then you will experience the difference, the different energy that it creates.

Paul: And that's what made me wonder about, a lot of people use the 'Om Mani Padme Hum,' **(yes)** and perhaps, I wonder if ...

...but if I may say to you, these things are all just focus for the Spirit; sound, noise, seeing, hearing, all your senses—that is what it is doing, it is making you *focus*, focus on the Spirit within.

Sara: I know sometimes when I sing, if I give myself completely to it **(yes)** and I have no thought, I become the music, then ...

... yes, you become as one.

Then it's much more powerful, it's more powerful. **(yes)** But otherwise you could just sing it without too much feeling, but yes ...

That is a very good example. Sometimes it is the same when people say prayers to us—they are only words, they do not really mean what the individual want them to mean, because they are not heartfelt.

Mark: Yeah, it becomes a ritual.

It is a ritual.

Mark: We were asked to try and put more expression into the prayer and that does help I think. **(yes)**

Sara: Yes, because repetition and ritual tend to deaden it a little bit. **(yes)**

Sarah: ...because you're not thinking it's just rote, isn't it?

Paul: That's why I wondered, I question the value of repeating **(yes)** *Om Mani Padme Hum*. **But for some people that focus is needed just to help them to connect.**

Di: I think there's a vibration in there as well, isn't there that helps you to meditate?

Yes, that is the energy and it resonates; yes, you are all right in your thoughts and feelings, but it would do you all well to focus the mind, *Spiritual Mind*, when these things are done.

Paul: Right, so as long as you do *that* and you put feeling into these words, then the sound of it can have a ... it can *add to* the thought ...

It transmutes the energy which surrounds it; if it is said with Great Love, words can alter the way people think.

Paul: But there's not much reason to say those 'aa'—**(no)** just chant just the vowel sounds doesn't really have any meaning, **(no)** it has to be the word.

For those who are just beginning out on spiritual journey, you will find that these things help, but they are not necessary.

Di: I feel a bit like that, because I've always said the Lord's Prayer every single night for as long as I can remember, but I feel a bit like a parrot. **(yes)** Sometimes I really try and think if it makes any sense, but it's like I feel as if I *have to* do it every night.

Why do you not say a prayer without words?

Di: I do sometimes, but I just think I have to say that as well.

That is just a ritual, something you feel you have to do.

Di: That's right. I think I might try and stop that, but I'm a bit scared to really.

Yes. *Feel, feel what you wish to say.*

Di: Thank you—thank you Paul as well, for asking that.

Mark: The Gospel Church tends to put more into it. It can get perhaps a bit dramatic, but they do tend to put more feeling into their services. **(yes)** Sara: They raise the energy, don't they?

Yes, that is what is happening; the energy transmutes and is changed and people feel joy; that is quite a good word to use—they feel the joy of using that energy, in the same way as you do with your music and your singing. I am sure, my dear friend, that there have been times when you feel a little down and the beauty of song and words will uplift you.

Sarah: Yes, yes.

Yes, these are things for you to think about a little more deeply now.

Graham: I was listening to the Bournemouth Symphony Orchestra and I was just so elevated by the beauty of the music. **(yes)** And in a way, that's thought without words; **(yes)** it's an expression of thought without words.

That is what I am trying to tell the lady. (yes) Yes, much beauty in sound.

Graham: ... and light as well I suppose, **(yes)** although light is a higher - faster vibration. I don't know if there's a difference between sound and light?

Well, if you speak of it on a physical level, you would be told there is a difference; I say to you it is the same energy, but only showing itself in a different way.

Graham: That's interesting—right!

OK, is that fine for you?

Graham: Yes, something to ponder on, yes.

I always try to give you something to think a little more about, because as you grow, my dear friends, as your own energies expand, the more knowledge makes sense to you and in that way, there is continual spiritual growth. You understand? (yes)

Sarah: I was just thinking when Paul was talking about the word 'love' and was it the sound or the word, because not everybody speaks English, so that word would be in many, many languages ...

But it has the same meaning (yes) and the way it is expressed. (yes) It matters not what the language is, it is that deep inner feeling; (yes) in the way a mother speaks to a newborn child, that child knows no words, but it is the sound of the voice. You understand? (yes)

Serena: So, one of the parts of the book that George wrote, he was talking about sound and light being able to merge **(yes)** and produce a single frequency. Can explain little bit more about that?

That is something that will happen as time and energy expand. Yes, as I have said the two would be perceived as different by you as human beings, but all energy will eventually come together, it is as simple as that. There is no great mystery, it is just that when the time is right, sound and light will merge as one.

Graham: You have said in the past that there are many, many energies and you could spend many lifetimes studying energy **(yes)** in the different forms, so what you're saying then, is eventually all these different energies that we're mostly unaware of anyway, will eventually merge into one unifying energy.

Yes. If you can imagine as I have said that the reason for existence is to return home, (yes) and home is that energy which is all of one ilk, then you can begin to understand it is like strings of energy being pulled towards the Source.

Graham: Yes, that's a good analogy—it helps to understand, yes—fascinating.

So, you can create many questions and many answers, but I am telling you here now, my dear friends, that most things have a simple end. But you may never know of these things

for such a long time and no-one can completely tell you what that feels like, to return home to that all-encompassing energy; they cannot, because it is too *far*. So, while you have lives, while you have different planets, while you have many universes, you have to accept the limitations which that brings.

Spiritual energies are not just associated with just one particular shape - such as pyramids - but many shapes

Salumet talks about energies in all things including pyramids, cones, crystals, ley-lines and other people. All is energy. A wonderful description of this phenomena that is so important for our understanding. This topic is also under the section on pyramids. (15/4/19)

Lilian: Talking of energies, can I just ask a question for my daughter? **(Yes.)** She's been puzzled why the shape of a pyramid has this energy within it and around it—why that shape?

Why the shape? There are many shapes of course, which have stronger energies; you can take a complete circle, which testifies to no beginning, no end. That of course would have energy of an extra type. The triangle meets from point-to-point and the shape then creates an energy which is very fulfilling, which is very healing and which has many properties to it. It is not the only shape—that is the best that I can tell you at this time.

Lilian: And I know we've spoken about the circles that come in the fields. (*Crop Circles*)

Yes and you also of course on the planet have many, what you term 'ley-lines', which are just lines, but still have powerful energy.

Lilian: Is there a reason that the ley-lines are there?

Of course, they are supporting the planet Earth, as they support many other planets. (Yes.)

Yes, it is a support system of energy.

Lilian: That's interesting.

I hope that will satisfy your daughter, there is no need to go into technical details, but just to know that it does exist, that it can help in many, many ways.

Lilian: Thank you—it was just a subject we got on and did go on and on—it was interesting.

That is why it is good to speak amongst yourselves, to give each of you, your own experience, to allow the other person to *think* and to *wonder* and to *know*.

Paul: Would it be useful, do you think it would benefit people to build pyramids in their gardens, and meditate in them?

Of course, whatever builds the energy, whatever is healing, can only be good for you and for your planet. That is why there are so many around your world. As I say, the pyramid is not the only shape, you take the circles, you take the straight lines and you would be amazed at how much energy this earthly planet has.

Mark: Is it partly to do with balance and focusing of the energy?

Balance of course and what was the question?

Mark: And focusing the energy as well.

Yes, there are many reasons why—they are also very creative and throughout your history, much has been learned from pyramids and there is much under the waters of your planet, which will eventually be recognised as '*energy healers*' and '*energy spots*'.

Mark: Yes, because they have water flowing under the Bosnian pyramids.

Yes, there's always a connection—water is a very strong element.

Mark: And the pyramid somehow harnesses that energy.

Yes, because it is creative, it is used for creative work, or, how shall we say, they have been placed on the Earth for mankind to come to know about them. And it has taken so long before they have been truly recognised for what they are.

Mark: They also had in the Bosnian pyramid stones and crystals, specially positioned.

That is what I am trying to say to you, my dear friend, it is not just the pyramid, if you are to add crystals; there are crystals throughout your world being used this very day, for good. I am sure you are all aware of crystal energies, are you not?

Agreed

Yes.

Sara: Some people have a sensitivity to crystals, don't they, the energy—a friend of mine feels the energy very strongly and she uses them a lot for healing.

Yes, and that energy will be attracting the energy within your human body, that is why really, I would suggest to you that you choose your own crystals, because the energies combine to make it even more powerful, and your own body energy is made stronger. But like all things in your earthly world, there are many questions and many answers.

Lilian: Yes, I've often wondered why, if I'm in the garden, (Yes) and a big stone, small stone, it really doesn't matter, but, I pick it up and you can see such colours in there all blending around and I wondered why the different colours.

It is the wonder of existence... you should blend with all of these energies, at some time, if you possibly can—yes.

Lilian: So if you held it long enough, you would begin to feel...

You will begin to feel part of that energy, in the same way, the energy of whatever you are holding, transfers itself into your physical body—that is why *healings* exist.

Lilian: That's interesting.

Sabine: Like the other day, I had a little stone that had been picked at some point and been kept in a drawer some place and suddenly I had it in my hand and all I wanted to do was to drop it on the ground, which I did and I could feel this little bit of stone thanking me for giving it back to the Earth, (Yes) and be connected again with the elements, versus being stuck in a box in a drawer. (Yes) It was amazing to feel that connection with that little stone.

Yes, you firstly felt a very strong connection, but I would like you, my dear friends, to think a little more on your world, your energy points, whether it be your pyramids, whether it be crystals, whether it be lines, whether it just be the touch of another human being, you are all made of *Energy*, it is very powerful.

Graham: Just going back to ley-lines, presumably when our planet first formed, there were no ley-lines, but, they must have grown since then. I just wondered what...

Well, when you say, 'no ley-lines', there was energy, (Yes) so, they of course developed at that early stage, into stronger energy and called 'ley-lines'. To me, the names mean very little, all things are Energy.

Graham: Was life itself upon this planet responsible for creating those ley-lines, or did they pre...

No, they have always been.

Graham: Do they ever move or are they fixed?

They can of course move, because of the situation where they are; they are energy underneath what you call *physical Earth*.

So there is slight movement, but I would say nothing overly powerful—gentle movement, yes.

Lilian: So would the elementals be attracted to these ley-lines?

They of course would be, as we all are. When we speak of energy, you have to begin to think of it as a whole, not as separate issues. Focus on all energy together and then you will feel the power of that energy. You understand?

Lilian: Yes, thank you.

Paul: Do they run fairly straight or are they more like rivers that bend, ley-lines?

Like all energy, it can be transmuted, so in that case, of course they could change or alter, but the energy does not change. Do you understand? No?

Paul: I was thinking, so they don't have to be straight lines, **(No)** they can be curved.

No, like the bend of a river, it is always continuous. I feel the puzzlement in the room, but I will let you stop and think about this, I...

Claire: I kind of see them like a big spider's web—we're just one planet in the whole ley-line system, is that wrong?

The whole of you Earth has ley-lines, yes of course, how you perceive that to be, how it affects you is quite an individual thing. It does not matter, it really does not matter; they exist because all things are energy; if you wish to call them ley-lines, if you wish to call it a pyramid, so be it, it matters not, it is the recognition that the energy is *there*, that is what is important.

Paul: Going back briefly to building a pyramid in a garden situation, **(Yes)** would it matter much what material is used to build it, or is it more about the shape?

The shape for pyramids, yes and of course you are standing it onto ground, the Earth of the planet, which is an extra boost of energy. (Right...) So I would say if you wish to do this in a garden, to choose the right place, the place that gives you the feeling of the energy that is there, and then to build the pyramid on top.

Paul: Right, would putting a bit on concrete down on the base, interfere with that Earth energy?

Not really, not really. If you imagine every single thing on this planet that exists is energy, all you are doing is combining those energies. If it is wrong, it will not last; as I say, all things are transmutable when it comes to energy.

Paul: Thank you.

Sarah: Going back to crystals Salumet, is there so much energy in those crystals, because they've been so compressed under the Earth's weight that's made these crystals?

Yes of course, of course that is a reason; that is why it is best for you to choose your own crystal, because the energy within the crystal and the energy within you as a human being would be different; but yes, and sometimes crystals are more powerful where they come from, the Earth—yes it does make a slight difference, but nothing that I would tell you about.

Sarah: Right, okay, thank you.

Mark: I would imagine something energetically important happens when a meteorite comes down and hits the Earth?

Yes, you have to remember my dear friend, you are one small planet; I will repeat myself, you are one small planet in many universes. There will always be energy, because that is what you are—you are energy. The comets, or the stars, or whatever you wish to call them, it is all energy; there may be different *degrees*, but that is all.

Mark: And that's the basis of astrology as well, isn't it?

Yes, yes.

Graham: You once mentioned something called 'Cosmic Energy', **(Yes.)** which our cosmic brothers use for transport around.

Yes, because they have realised that the energy which is all around us can be used; it can be used for travel, it can be used to maintain the energy of each other, which is another subject; but I think for now, you have enough to think about.

Graham: Yes, thank you for all that information.

And I will take my leave of you now and...

Sabine: Before you go, sorry, your instrument had asked a question for something for you to respond to if you could. The other day, she was wondering when she went to a funeral at a crematorium nearby and she felt that the energy over there was completely off, she didn't feel

good in there, even though before she went there and felt good in there on previous occasions and she was wondering if you could comment on that?

I see, yes, I know the problem there was that before that particular occasion, there had been people attending a funeral who had very negative vibes, very negative, and that negativity was enough for the lady to feel and to feel that the whole of the room was in some kind of negativity. But, it would have lifted afterwards, it would not have lasted, because you would have had angelic beings move in to clear the situation. These places are places of sorrow and sadness for many and it does change atmosphere, but what she felt that day, please tell her it is *fleeting*. (Right) I hope that helps. (Yes, thank you for her.)