

## 73. The soul

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### We must realise how insignificant time is to the soul

This follows on from a visit by Mary Stuart. The details are given under Mary Queen of Scots in the famous people section. (27/9/95)

Les: We would like to thank you, before anything else, for enabling us to have such a wonderful meeting last time. We do hope that the lady has a much greater peace of mind, after having been here.

**I hope that you *all* have realised by now, the purpose of her coming to you. (Mary Stuart) It was important that some within the room, realise how insignificant TIME is, and also the purpose of showing to you, that part of that soul, had now gone forward, into a later time. I do hope that you understood what it was about.**

Les: Yes, I think we did and we found it extremely interesting, particularly she mentioned that both she and her son, had both 'Dual' lives, if I can use that expression and have been back here, or ARE back here.

**This is what I wish you to try to understand. Please forget about yourselves as an individual item, you are so much more. I want you all to realise that each one of you here, is just a spark of your whole soul.**

Les: Yes, I think we are slowly beginning to realise that. It's difficult for us of course, but gradually, I think the realisation is taking shape in our minds. But we do have to recognise ourselves as a multiple personality.

**That is what I am endeavouring to teach you, as well as you well know, how powerful your minds are.**

Les: Thank you. Yes.

**This too, I have stressed on numerous occasions, but it is an important teaching and I hope that you can gather it to yourselves, to try to understand.**

Les: Yes, as I say, I think it is slowly sinking in. Has anybody any particular question on that before we go further? Are you beginning to understand the immensity of us as individuals, but being NOT individuals? (*Some agreement*) It is difficult to assimilate, but I think the description of the facets of the diamond is the most apt; if you consider yourself as a

diamond with the many facets also existing in their own right in addition to forming the whole.

**Or try to imagine yourselves within a pool of water—that each lifetime if you like, can be encapsulated within one bubble. But when the bubble disperses, you are still part of the pool of water, can you see? (*Affirmed*)**

**Although as a bubble, you are separate you might think, when it is dispersed, then you become the whole. Can you see? (*Affirmed*)**

Les: Yes I think we can, and of course it is indicated in the Bible, isn't it? It is said that as it was in the beginning, is now and ever shall be.

**Yes, we have spoken briefly:**

***You are, you have been, you will—all are ONE.***

**There can be no separation. I know this is difficult for you all to take upon yourselves, but if you understand just a little of what I bring to you, then indeed my heart is full.**

*(Agreement + thanks)* I would wish to say to you something else before we continue: That so often I hear many, many of you upon this Earth plane, who suffer because of the state of your world. I would say to you my dear friends, I would say this to you:

**Before you can change anything within your world, firstly look to change your MINDS about your world.**

**Do you understand what I am telling you? Can you understand?**

Les: Yes I think what you are suggesting is that we have to have a completely different outlook about the world, **(Yes)** stop being so materialistic.

**Yes, and also too judgmental on what is happening. Firstly, I believe you have a saying, 'Put your own house in order?'**

Les: You're quite right.

**Yes, please always keep this within your minds. Now, I do not want to take up all of this meeting time, because we wish to use others this time.**

## Do all 'facets' of our soul progress at the same time?

Salumet explains that this would not be possible. (12/9/96)

Les: I would like to continue on your subject of last week, if I may, about the many parts of the soul. We can accept what you say of course, that there are many facets of it, which are existing at the same time. But when they have achieved the purpose for which they came, does each and every individual part, become coalescing into a whole once more—do they all have to progress together?

**No, not necessarily so. You can have the division separately, although they belong to that one spark of existence. It is not possible for all facets to progress at the same time. Of course, when each, shall we say 'facet,' or 'aspect of personality,' has attained it's purpose, then it will return to that *whole* and then it will be decided which element will go forward, to improve the knowledge and the structure of the *whole*.**

Les: So putting it simply then, all the various personalities, do gather together once more at some unknown time in the future and then again split and the procedure continues?

**Of course. Now dear friend, you are beginning to understand just a little. Yes, it is a complex subject, which I don't feel you will truly understand, whilst you are clothed in these bodies.**

Les: No, I can accept that, but it does give a little clearer picture of the progress of the parts of the soul.

**If you take a bowl of water, if you take one bubble from it, it does not effect the water as a whole, but when the bubble returns in greater magnitude, it is accepted into that pond of water, without causing any disruption. If you can imagine yourselves in this way, it may make it simpler for you to understand the process.**

Les: Yes I think it will.

**You, dear friend, belong to a much greater energy pattern. When you separate from that greater energy, you are in a sense set free for just a short time. But always you remain attached to that greater pool of energy. So, in a sense, you are never truly separated. Is this clear for you?**

Les: Yes, I suppose an analogy would be the silver chord between the physical and the spiritual body.

**Yes, you always will remain connected to the soul, you understand?**

Les: Yes, because the source would be necessary for the continuation of the energy required by each particular part.

**Yes, it is like a child on reins, who feels the power of movement and yet is controlled by the parent, you understand?**

Les: Yes, I do, I think everybody understands that.

**(Good.)** Thank you for the explanations. I'm afraid we do seem rather dim at times in understanding these things, but of course they are foreign to our conception up till now.

**They are complex matters and I fully understand that your comprehension of them is limited.**

Les: Yes, very limited indeed.

**But no matter, just enquiring about these things, lends itself to a greater knowledge of them. For that, I am pleased for you, because it tells me that I am completing my task much more fully, than I had at first hoped.**

Les: Oh, that's nice to know, at least we're learning something.

**I have to tell you dear friends, that the opening of your hearts to me has been considerable, in such a short space of time.**

Les: Thank you, that's a complement to us all.

## Soul aspects, the soul and the whole

Les gives an analogy that our soul is made up like pieces of a jigsaw puzzle. Each piece is an aspect, a part of our soul that may need one or many lifetimes to complete the necessary learning. Even within an aspect, there are smaller aspects that are needed to be 'completed' too. It is very unusual for more than one soul aspect to reincarnate at the same time. If so, there would usually be a 'mission' involved such as Jesus and Mary. Salumet goes onto explain that there are many possibilities for our progression into the future. Our soul has the innate knowledge needed together with much guidance about future incarnations and our learning. (7/7/97)

Les: You just mentioned again *one* aspect of our life. Is it possible for more than one aspect to inhabit this planet at any one time?

**It is possible, but not the normal way of living. It is possible and there are those, mainly masters of their times, who can achieve such things, but I would say to you it is not the normal thing to be doing. Therefore, I would say to you now, allow one aspect of your being, to learn at any one time.**

Les: I see, so it's just one aspect at one time. Now I am a little puzzled and I expect my friends are as to what constitutes an '*aspect*' of life?

**Now you are delving deeply my friend, are you not? An aspect of life is a part of the energy of the whole. You must remember that as beings you are *energy*, from the *Source* of all energy. In calling ourselves *energy*, you have to realise (*Voice becomes stronger*) that these energies are not of earthly making, but are of spiritual make-up. In so-saying, it is possible that energy can divide itself, into many lives and many beings and that is what I mean by an '*aspect*' of being.**

Les: So, following that through then, our aspects that presumably return time after time, over aeons of time, could be different aspects on each reoccurrence, is that so?

**Of course, and I would say, that is how it has to be. If you are to grow and to learn, then each aspect in its turn, must take its turn in earthly living, or in other planes of existence. When we speak of *learning*, you have to think more fully, you have to allow yourself, your consciousness to expand beyond this planet. Am I making myself clear for you?**

Les: Yes, and am I right in thinking, that for our ultimate progress, we have to come back as different aspects, in order to have the experience of that particular aspect—to teach us.

**Of course, how else can you learn? If the one aspect of your soul was to continually return, how else would you become the whole, the whole energy pattern? Remember it is an energy pattern, which you are trying to make whole. It is a difficult topic to make you understand.**

Les: I suppose it could be likened to a jigsaw puzzle.

**Yes I would say that is a good comparison. What would be the point, of continually using one piece of the jigsaw? You would never complete it, would you?**

Les: No, this is what puzzled me; thank you for the answer.

**Remember also when we speak of *aspects*, there are many *aspects* within one aspect.**

Les: Yes, so we go deeper and deeper, don't we?

**So we go deeper and deeper and deeper.**

Les: But from what you've said Salumet, it isn't necessary always, for every aspect, to be lived out on this planet, or a similar planet—some aspects can come into fruition, in the worlds to come—we can still be completing the jigsaw.

**Let me remind you, that this universe that you belong to is already encompassed in the future. So already there are aspects of your soul, which are for '*learning*,' if I may use that word, without ever having trodden this pathway. Can you understand?**

Les: Yes I can understand what you say, but how would we come to terms with that, how would we know that in the future?

**You will only know, when you return to that whole, which comes at the returning *home*, of each lifetime. You have the bigger picture of what *is* and what is to be. And then and only then, will you fully understand what it is you need to do.**

Les: Right, I will go a little further, if I may. When we finish our life here and go over to the next plane that presumably is the end of one aspect?

**Not necessarily.**

Les: No? That aspect would go on in the next world?

**Of course, you continue to learn, you continue to learn on our side of life, as much as you can, as much as you will allow that aspect of yourself to learn. Then I have told you, you come and you are helped and advised, in making the decision, of what you must do in time—what you call 'future,' which already as I have said, is *there* already. We are speaking of much deep matters here my friend, but if I can help you to understand just a little, then so be it.**

Les: Yes you are indeed. So that aspect that is indestructible from what you tell us, can continue its learning in a further phase of life in your worlds, (**Yes**) and that could continue through your worlds, without the necessity of having to come back here to this planet, if we are learning properly?

**If you will allow yourself that knowledge, if you will accept the guidance, which is available to you, and if it is part of what you term here on this planet, as your '*destiny*.' Remember there is much at play here, much more than you know or understand. But the soul that you are inhabiting, or rather the body which inhabits the soul this time, has much to learn, but the soul already has that innate knowledge, which takes it further.**

Les: Yes I see, so it's not obligatory in each case, to come back to this Earth?

**No, no—I have told you, that the decision must always lie with the soul and the soul is not a single unit as you know, but belongs to a *whole*. (Yes) This is what many of you do not fully understand yet.**

Les: No, I can accept that we don't.

**But it becomes clear when you return *home* each time.**

## The Higher Self

Our soul consists of soul aspects, each aspect belonging to a particular life. Eventually all the aspects join together to form the whole at the end of our lives. A common mistake is to believe that whilst we live on earth, this soul aspect for this lifetime is the whole soul. It is not. The other aspects of our soul are in spirit, but we remain connected through our higher self. It is this higher self that we strongly connect with through our meditations, which is 'more seeing, more knowing, and more giving that we could ever know'. (25/5/98)

George: I remain somewhat confused still about past life segment of soul. I wonder if it would be possible to talk any further on this. Sometimes spirits come through to us who have had past life on Earth and I was wondering whether some of these would be termed '*past life segments*?' I'm a little confused about that identity.

**Yes, I understand, it is a topic for confusion amongst many in your world. You know and you understand that the soul is not just one unit. We have discussed this, and I think the confusion lies when the soul returns from past time. But what has happened there, is *that* particular aspect of the soul has not continued onward. Therefore, it has the ability to return, until such time as it returns to the whole shall we say. I believe this is what**

confuses you. Once the aspect of the soul—that aspect of soul that has lived a life on this planet—once that aspect has—how shall we say, *'fulfilled all potential,'* then it must go forward. It can then return in another form at another time, but it is another aspect of the soul, not the same aspect. Do you follow?

George: Ah yes, so the same segment could reincarnate several times?

**Not quite, not quite. This is a difficult topic, but it would not fully be the same aspect of the soul, although all aspects are united in spirit. Do you understand?**

George: Yes that does help, thank you.

**Do you *all* understand?**

Les: No, I would like to go a bit further on that please. **(Yes)** Are we wrong then—I believe all of us at this moment, think that when we go on from this world, our soul will exist in the next plane of life. **(Of course)** But are we wrong in thinking that that is only *one* entity?

**You must not think about the soul as entities. It is a much deeper broader issue than that.**

**You limit yourselves, if you begin to think of the reincarnated aspect of the soul, as**

**entities. Can you see? (Yes) I know it is difficult for you, that is why we take these things slowly, because as each thought comes to you, then when the thought is fully realised, then we can contribute to it further.**

Les: So if we accept at the moment—if I can use that expression that the soul is composed of many parts, **(Yes)** could it be possible for some of those parts to be progressing onwards in your worlds, while some of the other parts have to come back here, at periodic times?

**Of course, otherwise how can you make progression?**

Les: No, because it would be impossible for one individual unit to experience all that has to be experienced. **(Yes)** Is that so?

**This is why we have so much doubt about what you call reincarnation. (Yes) I think I would say it is unfortunate that it has been expressed sometimes, in the way it has been. But limited knowledge until now, has been mainly the cause and the lack of understanding, awareness and consciousness, of those of you upon this Earth.**

Les: I see, so now we can understand that, there are many parts to that unit.

**Although they may seem to be separate, of course they need to be part of the whole, to continue forward, to seek out the purity of the creative force, which we all seek.**

Les: So, you have taught us that we are two completely different aspects of living, one spiritual one physical. **(Yes)** Now we have to go further I would presume, in thinking of ourselves, as many aspects of the spiritual, **(Of course)** whilst only one is here existing on Earth?

**Yes, do not limit your understanding, to just this physical being and presume that this is the house for the whole soul.**

Les: I think that's what we all have been doing, am I right? *(Agreed)*

**Yes, and that is the error that most human beings make.**

George: Yes I think the soul is much more complex **(Yes)** and more extensive than we have imagined.

**Well, that is not to say, that you have been wrong in your thinking, only that your awareness has been rather, shall we say, *'juvenile.'***

Sallie: Salumet, would it then be possible or probable, that the aspects of our soul who are on your plane, talk to us and guide us, and make contact with us and we tend to recognise those, **(Yes)** which are part of us, in a way?

**Yes, your understanding is good. What is—let me speak a little about what you call your *higher self*. What do you suppose this *higher self* is, if it is not that aspect of soul that is**

there to help and to guide you, whilst you inhabit these bodies? Look always to the help available, not only from what you call '*higher self*,' which after all, is that part of you, which is more *seeing*, more *knowing*, more *giving*, than you could imagine, whilst clothed here within this physical being. There are many aspects that are there to help and to guide you. Another mistake that has been put forward is that *all* help from spirit, comes from those who are *without* yourselves, when so often they are *part of* yourselves. Now do you begin to understand? (*Affirmed*)

Les: I was going to say, as you put it, we are *helping ourselves*.

**Yes! (*Spoken slowly—clearly emphasising each word*) And when that realisation is strong within you, then you begin to understand why, when life's trials and tribulations seem to weigh so heavily upon you, why when you sit in your quiet moments, the answers come to you more easily, because you are listening to that aspect of yourself, that has lived and which has gone through these same problems.**

Les: That gives us an entirely new outlook, doesn't it? You were going to ask something else Sallie?

Sallie: Not exactly ask, but just to sort of '*feel it through*' really. Would that possibly be why, sometimes when we start to get answers that we need, why they are *so* in tune with us and *so* perfect, because obviously I suppose it's *us* giving *us* the answer, isn't it? We know that aspect really inside, so well.

**That is why my dear friend, so often in the past, you have been told to sit quietly and go inwardly. Do you see the connection?**

Sallie: Mm.

Les: And of course it gives another meaning to the statement that '*all has happened*.'

**Yes, you bring in another point, but we will not elaborate upon that this time, because I feel that the others need time to digest what has been said this time.**

George: Yes, I've a feeling our concept of time enters into this in some way.

**Always we will return to topics, which we have touched upon and each time we return to those topics, there will be deeper matters to understand. Always we will go slowly, in order that you fully understand what I come to bring you.**

Les: Yes, I think we are beginning to appreciate the value and advantage of your constant reminder that we must take everything slowly, because though we all no doubt over the years that you've been coming to us, have come to the opinion that we know a great deal more, we're now beginning to realise I think, how little we really do know.

**I would not *like* to say this to you, but of course when first I came, I came to you as individuals with some knowledge of spirit, but that knowledge was most limited. But the reason I came to you was not because of the knowledge you had acquired, not because of the *knowing* that you had of spirit, but that as a combined group, who have known each other in past times. And here I will say to you, *think* about that aspect of yourselves, which knew each other in past times. Try to feel the connection from those times.**

Sarah: Does that include Mary? Was she part of it?

**Not at the time you have been told about, but of course there has to have been the connection at other times.**

Sarah: Thank you. Could I also just ask, if there are many aspects of the spirit, and one is here, could it be that another aspect is in another form of life, or do we just concentrate on this Earth?

**Form of life, in the human sense?**

Sarah: Well not necessarily, if it's on another planet, it wouldn't be human as we know it.

**I have told you that there can be more than one aspect of the soul, inhabiting a body on this planet at the same time. You understand?**

Sarah: Yes, thank you.

**Try to see your true selves as a multitude. After all, I did tell you think of the diamond and the many facets to it, then you begin to realise that the soul has many, many, many, many more facets to it. It is the nearest we can come, to explain to you what the soul truly is.**

Sarah: Right thank you.

Les: I suppose it might help us to remember too, or to understand, if we accept that here we are puzzling about the many ramifications of the soul, yet we are living in a body, which in itself is composed of untold ramifications; each soul having its own purpose, its own destiny, its own memory. **(Yes)** And yet we ignore that. If we try and think of a cell as a compound, as our physical bodies are, we might be better able to understand the impossibility to understand it clearly.

**And may I add to that my dear friend that each part of the human body *can* function individually, without always the need for other parts. If you can take your hand for instance, it is possible to use one finger, without the involvement of the others, but that one finger, still belongs to the whole hand. You understand? *(Affirmed)* That is a simplification of course, but that is what you must try to realise.**

Les: Yes, it's helping me to realise a bit more.

**This is the difficulty that your thinking has to be expanded, in order that you can take these things in completely.**

Les: I'm being shown—I think this must be relevant, because I'm being shown an enormous plain and there's a tremendous herd of buffaloes. One has just died; every other individual in that herd is instantly aware of its passing. I merely pass onto you what I am getting; you must put your own interpretation on it. It was so vivid I had to give it to you.

**May I say something more, before I work with this one? *(Yes please.)* That is part of your development, your evolution, that each one of you has the power to think individually, that what is your understanding and your conception, is not always what is suitable for another. So I would say to you my dear friends: **Seek that which helps to bring to you the understanding of what is being given to you. It does not affect the result, but it is individualised for you and for your own understanding, in order that consciousness be raised, in your own way.** What my dear friend has said to you moments ago, was his individual understanding of what has been said. Seek your own, and understanding will come to you. I hope that it has helped. My words I try to keep simple, in order that understanding comes more easily, because these things we speak about, are indeed deep, deep matters and not made aware to all who are there to be given advice; because you see, and I hope you understand that these philosophies are given to you, because and I hope you do not think I praise you too much, but this group of people here now, is ready for *Truth*.**

Les: Thank you very much for telling us that and for that we are very greatly indebted to what you have taught us.

Sallie: Would it be all right to ask something very briefly, before you go and do your work? ***(Yes please.)*** It was just a couple of months ago, that somebody came through Sue and was on the same sort of subject, who'd come through as an aspect of one of my parts. I was told about Jonathan and I was told to ask if it wasn't clear to me and I just want to know I

suppose, if there's anything more I can be told about Jonathan, because it sounded as though I should be looking out for him. Perhaps I misunderstood it?

**Let me say this to you, my dear friend: You know and fully understand that you have been and will be of different vibrations, energies; you have existed as male energy and female energy. The name Jonathan given to you, as one aspect of yourself, was indeed a part of you that has lived in another time. I do not see the need for you to seek that part of yourself, because it is done with. But know that you are joined to many aspects of your being. It was not given to you, in order that you can *find out more* as you put it, but only to allow you to know that the spirit, the soul, is more than one aspect. (Thank you.) Do not seek—that energy is now part of the whole and will be known to you, when you eventually return *home* my dear friends. (Thank you.)**

### A revision lesson on the structure and growth of our soul

One interesting point was raised in answer to a question by Sarah about our soul as a whole being insulated from a destructive incarnation. Salumet reassures that protection of the soul is indeed in place, otherwise we could do a great deal of damage to our soul energy. (30/8/99)

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

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

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

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

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

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

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

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

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

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

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